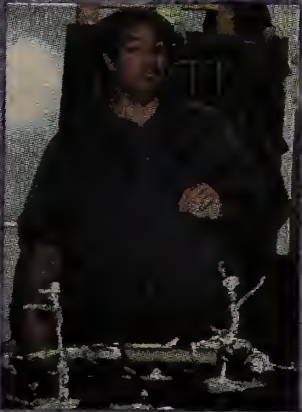


SPOKE

Conestoga College, Kitchener

November 5, 2001

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United Way campaign ends short of goal

By Julianna Kerr

Conestoga College has wrapped up another year of fund-raising for United Way. The community at Doon came up a little short of its goal of \$35,000, raising almost \$34,500, but it wasn't for lack of trying.

Alumni services officer Monica Himmelman co-ordinated this year's campaign on campus. In spite of wishing she could write a cheque to make up the difference, Himmelman is happy with the way things have gone.

"I think we've had awesome participation this year. It feels to me as if a lot of people have maybe been a little more aware."

*Monica Himmelman,
Alumni services officer*

"I think we've had awesome participation this year," she said. "It feels to me as if a lot of people have maybe been a little more aware."

United Way campaigns rely heavily on the generous help of volunteers. Himmelman said she is fortunate to have worked with the group she did. It has been a good experience for everybody involved.

"The most important thing is to have a group of people who will help you. It isn't nearly as effective if only one person does it. The canvassers have been terrific in terms of getting the pledge cards and the information out to people, getting the cards back and just interacting," she said.

Himmelman said the more people who help out, the better the chance of success because people are behind the cause. However, people need to be treated well to offer their support.

"So that's the next most important thing," she said. "You have to make sure you thank people for donating their time and not just their money. Then you've got to make it fun. And it was fun."

Not everything went smoothly

however. "We had one situation where we didn't know a canvasser was off sick. He had never called us back, so we sent his package out to him," Himmelman said.

When she phoned to follow up on that particular volunteer, a co-worker said he was away on sick leave. That was the last week of the campaign. The co-worker hung up, promising to locate the canvassing package and call Himmelman back.

"When he called me back, he volunteered to take over," she said. "People are like that — people are good."

Himmelman said one of the best things about the campaign was actually getting it off the ground. "Once it got going," she said, "it was a lot of fun. All the little events we had were great." Himmelman and her team of volunteers served a lasagna lunch in the cafeteria and sold Conestoga Millennium Cookbooks with all proceeds going to United Way.

"I guess really the best thing was how everybody involved pulled together to make it work. Everybody was willing to do that little bit extra. That was great," she said. "And raising the money was pretty good too!" she added.

"I guess really the best thing was how everybody involved pulled together to make it work. Everybody was willing to do that little bit extra. That was great."

Monica Himmelman

Himmelman said she would absolutely co-ordinate the campaign again. "We already have great ideas for next year," she said. "My volunteers all said they would do it again. Plus, I've had two other people volunteer for next year."

The letdown following the end of a project is unavoidable. Himmelman gets around it by making notes for next year's campaign. "You just keep hoping you meet your goal," she said.

Lending a helping hand



Kate Mayer (right), a first-year nursing student, assists classmate Lori MacMillan in getting out of a wheelchair. The students are participating in a class exercise called ambulation, which involves proper handling of the handicapped.

(Photo by Denis Langlois)

Board of Governors names new chairman

By Michelle Timmerman

Conestoga College's Board of Governors has named their new chairman of the board.

Dennis Watson, vice-president and general manager of Kitchener's CKCO-TV, was nominated for the position during the board's monthly meeting held in the Guild room at the college, Oct. 22.

"I am honoured and I must admit I am a little bit nervous about living up to everyone's expectations," said Watson.

Watson, who just completed his first of a three-year term with the board, will be chairman for the 2001/02 school year, but hopes to stand for re-election next year. Board members are allowed to sit on the board for a total of two, three-year terms.

"It is the job of the board to make sure that the college is meeting the need of the communities it serves," he said.

Responsibilities include assisting with the communication process

between the board and administration and helping represent the college to students, faculty, support staff, the community and all levels of the government.

"Being chairman of the board means a chance to give something back to the community and the college system, both of which have been very good to me and my family," said Watson.

When asked what he would like to see improve at the college Watson said, "Conestoga College is the best college in the system and after being on the job for only a few days, it's hard to say what I as an individual can do. John Tibbits is a man of incredible vision and energy, the board has endorsed his plans to make Conestoga a polytechnical institute. It is my hope that I will be able to help him towards this goal during my term as the chair."

Other nominations approved at the meeting included Martha George and Ron Schwartz as the board's vice-chairs and Kevin Mullan as secretary-treasurer.

Hawkrigg new addition to CSI family



Ginny Hawkrigg, a second-year general arts student, is the new vice-president of student activities for the CSI.

(Photo by Janine Toms)

By Janine Toms

Ginny Hawkrigg has filled an empty chair in the CSI office.

Hawkrigg, a second-year general arts student, was interviewed along with other interested candidates for the vice-president of student activities position. "I was in shock. I didn't think I'd get in at all," she said.

The CSI is comprised of students who wish to represent the other students. "The CSI is the voice of the students," said Hawkrigg.

She has been involved with the school for a number of years, including as a volunteer at this year's week of welcome and as pub staff last year.

Her position covers social events, awareness weeks, bar trips and activities in the sanctuary. Working in tune with the president and vice-president, combining efforts with the vision of the CSI.

Hawkrigg lives in residence and plans to incorporate students there as closely as possible into events

that are being held.

She is enthused about her job and feels she has a lot to offer by being so approachable. "I have no problem with someone coming to my door and saying 'listen I have this idea...'"

"I have no problem with someone coming to my door and saying 'listen I have this idea...'"

*Ginny Hawkrigg,
VP of student activities*

Students can look forward to the return of their favourite events, including the return of personalities like Sex with Sue Johanson in February and comedian Rick Bronson in January.

Students are encouraged to drop by the CSI with questions, concerns, and ideas or to simply welcome Hawkrigg, to the CSI team.

With prominence comes less time to enjoy yourself

By Sanja Glibota

The president of Conestoga Students Inc. wanted to blend into the crowd and for one night become just a student who was having fun on Oktoberfest. Instead, he paid the price for his prominence and willingness to help others.

After Jon Olinski worked for almost 50 hours on organizing the event and ensuring everything was going to run smoothly, he was ready to join about 1,200 to 1,300 people who were partying at the Queen's Mount Arena.

"I guess a lot of people think I'm working all the time, but I need some free time too," he said. "This event was one I really wanted to enjoy. All my friends were there and I wanted to forget about Conestoga College for a couple of hours."

Olinski had a few drinks and he was in a light mood when Rebecca Wolfe, a third-year broadcasting student, spotted him.

"I guess a lot of people think I'm working all the time, but I need some free time too."

*Jon Olinski,
CSI president*

She didn't want to invade his privacy but needed a good clip about the event for a broadcast she was working on.

"I wasn't taking a journalistic approach. I was there just to get good clips for the show called Conestoga This Week," she said.

Although the clips were edited, it was obvious Olinski had been drinking and Wolfe mentioned that he had two bears in hand during the interview.

"I could've walked away, but I didn't because I like helping people."

Jon Olinski

Olinski was a little bit disappointed after he heard his interview from Oktoberfest on the college radio station the next morning.

However, the incident didn't change his opinion about reporters.

"I could've walked away, but I didn't because I like helping people," he said. "You guys (reporters) are just doing your job. I guess I can't expect privacy."

Olinski said some might change their opinion about him. "It is tough because people within the college recognized the name. Some may come to the conclusion that I was totally drunk. If you are a president or an executive, people expect you to hold higher standards."

But he was not worried that the incident would ruin his reputation.

"This isn't something I do every day or every week and it doesn't affect my work," he said.

Guelph campus project car drives towards success

By Shannon McBride

A project car built by automotive students at Conestoga's Guelph campus has made it to the races.

About 10 months ago, Jim Palmer, an automotive technician instructor, decided to invest about \$1,500 in a 1988 Ford Mustang. It was a shell of a car meant to be rebuilt by automotive students at Guelph campus. Palmer also had intentions to race the car when the students completed work on it.

"It was supposed to be a two-year project, but so much interest was generated in the project that it was completed much more quickly," Palmer said.

The Mustang went to race in St. Thomas for the first time in August. It completed the quarter-mile (0.4 kilometres) in 14.4 seconds. In October, Palmer took the Mustang to St. Thomas it had

improved to a time of 13.667 seconds. It is now racing at 165 kilometres per hour.

"Every month or two the students will do some modification and then we will race it again," said Stuart Hood, automotive program co-ordinator.

The objective now is to improve the car's racing time little by little.

"There's no such thing as too fast," Palmer said. "It's kind of a disease. You get it in your blood."

He said this type of project is never really completed when you can be constantly improving it and competing with it.

Hood said the costs for parts have been equal to costs for the regular curriculum. In addition, many students have donated parts to the project because they got excited about it, Hood said. Gino's Transmissions donated the cost of the valve body in the transmission and One-Hour

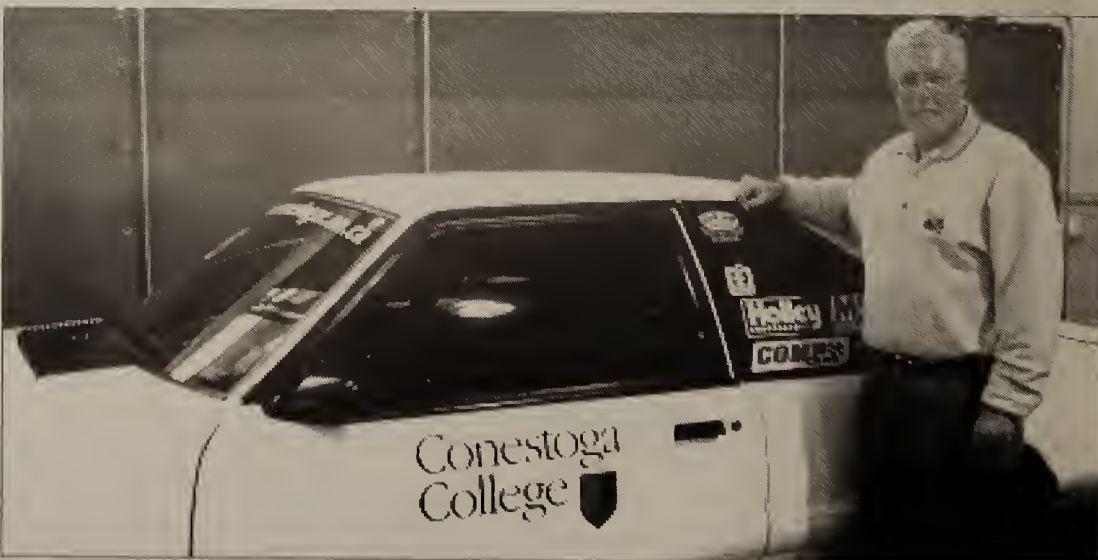
Signs donated the graphics.

Work on the car has fulfilled part of several course curriculums and more than automotive students have benefited. The welding programs at Guelph were able to help with parts assembly and the graphic design students at Doon created graphics ideas for the car.

Hood said one of the greatest benefits of the project is being able to use it to promote the automotive program.

"This program doesn't have a finished product," Hood said. "We just fix things." This makes it difficult on VIP days to show off the program, he said. He hopes to use the Mustang as a selling point.

The project car is strictly for performance racing because it is illegal to drive on the road. It has no exhaust system, a 351-cubic-inch (891.54 cubic centimetre) engine and 350 horsepower.



Stuart Hood, automotive program co-ordinator, presents his program's 1988 Ford Mustang project car. The vehicle was rebuilt by automotive students and now races in St. Thomas.

(Photo by Shannon McBride)

Lab assists disabled students

By Laurie Vandenhoff

All around Conestoga College classrooms are lined with computers and filled with students who tap away on keyboards. While these classrooms are all generally the same, there is one that is different from the rest.

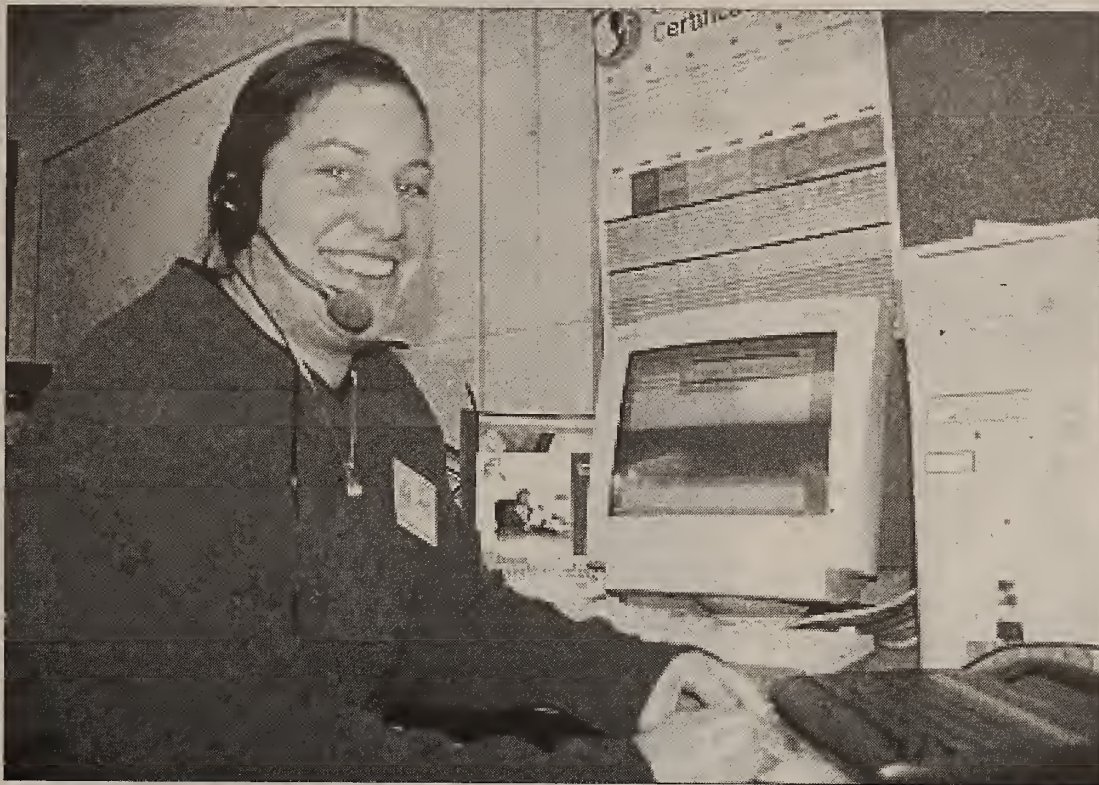
As part of the Learning Opportunities Project, the special needs office was able to create a computer lab to assist students with disabilities. Funding for the lab was initiated by Owen Lackenbaur, the man the lab is named after, and from there the special needs office provided additional money to get it running.

Funding from the Learning Opportunities Project enables the college to offer an array of computer programs and specialized devices in the lab to assist students who have difficulty in a regular classroom setting.

The Learning Opportunities Project is a four-year program created by the Ministry of Education to help students with learning disorders. However, through its funding, all special needs students can share in its rewards.

The Owen Lackenbaur Literacy Lab is available to all special needs students and can be used by health sciences students. It is located on the main floor of the B wing, next to the special needs office.

Students with special needs, including students with learning disabilities, must register with the special needs office before gaining



Leslie Cates, a second-year computer programming analyst student, is using the equipment available to special needs students through the Owen Lackenbaur Skills Lab. Cates is an adaptive technology assistant and peer tutor.

(Photo by Laurie Vandenhoff)

access to the lab. If a student believes they have a learning disorder, they can book an appointment with a counsellor in the student services office to start the assessment process.

The lab introduces students to programs that can help them in classroom learning.

The three most popular programs available in the lab are Dragon Dictate, Inspiration and Kurzweil 3000.

Dragon Dictate is speech recognition software that allows students to simply speak into the computer and have it entered as text.

Inspiration is an organizational

tool, designed for students who think in pictures rather than words. It also contains a number of outlines for essays and presentations to create flow and organization.

Kurzweil 3000 is a scan and read program. Students can bring in their textbook or notes, have them

scanned into the computer and have the material read back to them.

In addition to the many software programs, the lab also offers a number of hardware devices. These are beneficial because they can be removed from the lab and used in a classroom setting.

The lab offers AlphaSmart, a small keyboard device for students who have difficulty taking notes. They can type information on the keyboard, bring it back to the lab and have their notes transcribed into a word processing program.

Also available to students are palm pilots, organizers, reading pens and watches. The watches are especially useful for students with ADD. An alarm can be set to remind the student they must pay attention.

The funding from the Learning Opportunities Project also provides assistance in the lab in the form of peer tutors and adaptive technology assistants. Peer tutors are used to orient students with the lab, whereas adaptive technology assistants are used for the technical skills.

There are usually several present to assist the approximately 200 students who use the lab each semester.

The lab is open Monday to Friday 8:30 a.m. to 7 p.m. and is starting to open Saturdays and every third Sunday.

"It is basically accessible any time they need it," says Paul Dietrich, an adaptive technology assistant.

Cipro treats anthrax infection

By Sarah McGoldrick

Since the recent discovery of anthrax in the United States and false alarms in Canada, more people are anxious to learn about the antibiotic Cipro.

Cipro or ciprofloxacin, is one of three approved treatments for anthrax exposure and until recently was almost unheard of.

It is prescribed for those who have inhalation anthrax, not coeta-

neous (skin exposure).

Available in both intravenous and pill form, it is traditionally used to treat infections such as those of the intestinal tract and for the treatment of HIV.

Both the U.S. and Canadian governments have begun to stockpile Cipro in case it is needed on a larger scale.

However, there are many people who have turned to Cipro without having been exposed to anthrax,

something the U.S. government and pharmacists warn against.

Cipro is an antibiotic, which can be used to treat other ailments. According to the U.S. Department of Health and Human Service this is one of the major reasons it should only be taken when absolutely needed.

In a press release the department stated that using the drug when not needed reduces the quantity for those who do need it for the treatment of standard infections.

The department also stated that using the drug when not needed could lead to the development of drug-resistant organisms.

Faruq Ladhani, a pharmacist with Student Health Pharmacy, said this kind of drug resistance could be very dangerous.

"It's similar to when people began to take penicillin for common viruses. Eventually the bug gets used to it and the drug doesn't work anymore."

Ladhani added anytime a drug is overused the result is often a super bacterium, which is highly resistant to antibiotics or drugs.

The Food and Drug Administration warns people who plan on using Cipro or who are using it, to not use it to treat viral infections like a cold.

The effects of Cipro on people under 18 are unknown.

Side effects of Cipro include dizziness, light-headedness, nausea and convulsions.

College apologizes to student for harassment

By Denis Langlois

A Conestoga College student has went to the media about the harassment she felt after being asked to remove her head wrap.

Bonnie Bettridge, a first-year practical nursing student, has a rare medical condition called alopecia areata, which causes hair loss.

"I've finally got somebody actually being supportive."

*Bonnie Bettridge,
Practical nursing student*

Bettridge, 27, told the Kitchener-Waterloo Record that a teacher told her she would not be allowed to wear her head wrap during the clinical portion of her program because only white hospital scrubs are permitted.

She also told the Record the teacher who told her to remove it and the administration involved were hostile towards her when she confronted them.

"They were harassing. They made it clear they couldn't under-

stand why I didn't want to change my look," she said in an Oct. 23 Record article.

Bettridge also said she was asked to wear a wig or kerchief instead of the wrap.

In an Oct. 22 interview with the Toronto Star, Bettridge said she was told her head wrap was unclean, it may scare patients and she didn't fit in with other classmates.

Attempts to contact Bettridge for an interview were unsuccessful.

Bill Jeffrey, dean of health sciences and community services, agreed to an interview but would only say that the matter has been resolved. "The school of health sciences has extended an apology that has been accepted by the student."

When Bettridge heard of an apology from Jeffrey, she told the Star that she no longer planned to lodge a human rights complaint against the school.

"I've finally got somebody actually being supportive," she said in the Star article.

Jeffrey said the school's policy regarding proper dressing would be updated because of the incident involving Bettridge.

Takin' a break from class



Andrew Taylor plays a video game in the Sanctuary as friend Ray Rawana looks on. The pair play video games at school regularly.

(Photo by Tori Sutton)

A province in need of a leader

Now that Mike Harris has declared his resignation, there is sure to be much whooping and cheering, and some gnashing and wailing too.

Who will the Ontario Coalition Against Poverty (OCAP) and all the teachers' unions target as the next Satan?

Harris was a favourite target for virtually every union and special interest group and was called the most evil thing to ever plague the political stage in the history of Ontario.

He was verbally assaulted every day from nearly every angle. So why on earth would so many people be lining up to take his place?

Politicians, disliked as they are, must have a thick skin to handle the daily criticisms and second-guessing.

Harris, for sure, probably ignored the accusations and allegations, but they were there nonetheless, for public consumption.

An article published Oct. 23 in the Toronto Star argued that a politician is considered successful not by elections won, but by policies that are kept in place by succeeding governments. Harris has a few such policies that no government will repeal.

He cut the number of seats in the provincial legislature from 137 to 103, mirroring the number of seats in the federal legislature. He also cut provincial income tax by more than 30 per cent.

Whether you loved or hated Mike Harris, and there was no middle ground, there is little doubt that whoever replaces him will have to have the same level of commitment to the plan set in motion, at least until the next election.

There are many vying for the position, but right now there are six frontrunners, which should dwindle to three or fewer before the leadership race next year.

Health Minister Tony Clement, Finance Minister Jim Flaherty, Education Minister Janet Ecker, Environment Minister Elizabeth Witmer, Labour Minister Chris Stockwell and Municipal Affairs Minister Chris Hodgson are all seriously considering running for the leadership.

With the exception of Harris and former finance minister Ernie Eves, that list is a who's who of the provincial government over the last six years.

Every one of those people would be quite capable of leading the provincial Tories, as they all have experience getting themselves out of trouble. With the problems surrounding Ipperwash, Walkerton, public education, labour reforms and amalgamation over the past six years, every one of those ministers have had their run-ins with the public and the media. And every one of them has handled themselves remarkably. Allan Rock could use a lesson on media interaction from any one of them.

Early indications show that Clement has the early lead gathering support within the party. One has to wonder if he knew of the pending Harris announcement.

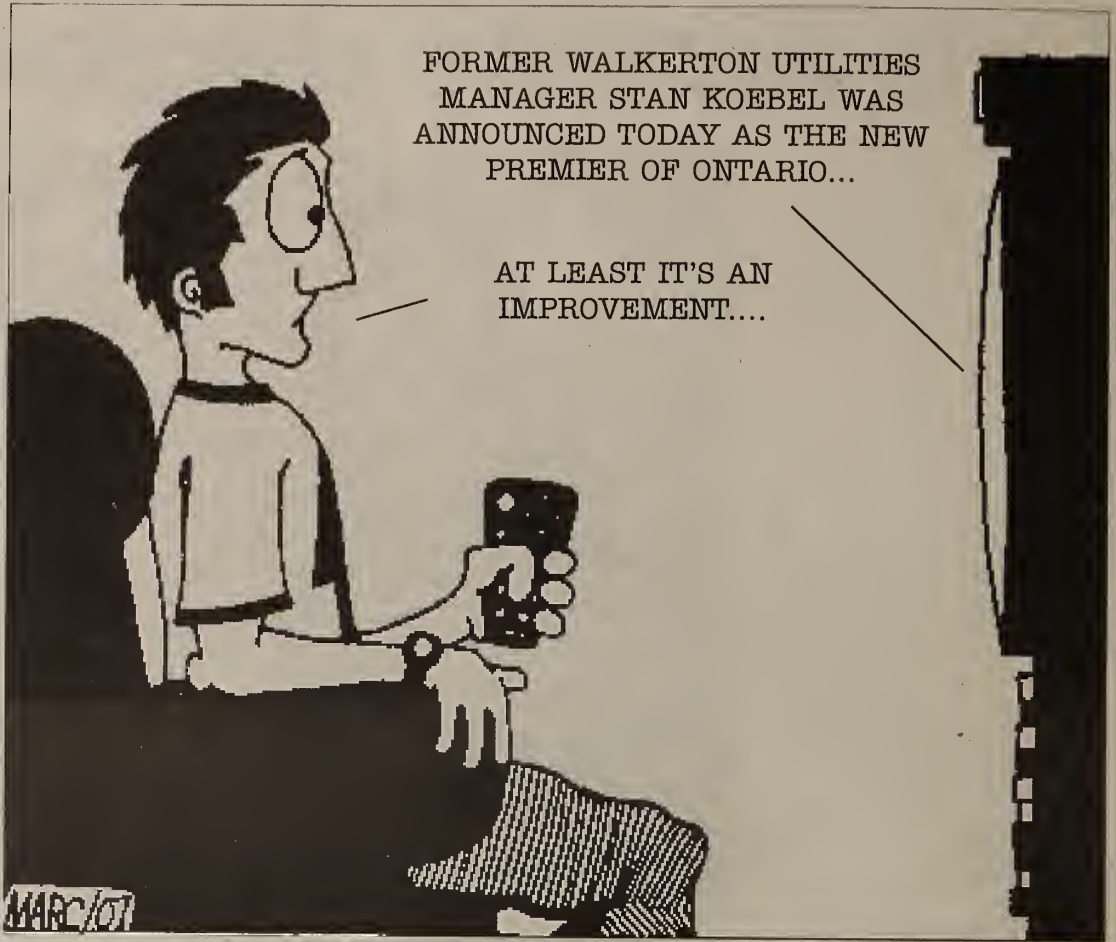
If early indications are any measure, Clement is the best bet so far, with Witmer, if she decides she wants to run, close behind.

On a particularly greedy note, it would be nice to see Witmer win the leadership race; perhaps more funding for local concerns if she were to be Premier...?

The only thing that really matters though, is that whoever succeeds Harris must keep in mind they inherit a party, and a province, reeling from economic recession, underfunding of social programs and global concerns. What is needed now are people of real leadership, people with vision. Not politicians, leaders.

Whether you loved him or not, Harris was a leader.

Whether or not anyone can duplicate that type of vision and leadership remains to be seen.



Remembrance Day seems more meaningful this year

The world has suffered another great loss of lives this year with the attack on America. This Remembrance Day we will think of the heroes, the innocent, and the damage done on Sept. 11 as we honour the soldiers who lost their lives during both World Wars.

With every new generation born Remembrance Day loses its value. It is almost as if students are forced to take part in assemblies or class projects but they are not really passionate about the day or the cause. Young people, including myself, feel so distant from the era of war that it is hard for us to understand why it is such a big deal.

The Sept. 11 attacks in the United States have had a huge impact on how young people view war. With all the stories and media coverage of the event, not to mention the continuing threat of terrorism, kids are getting extremely scared. Heart-wrenching stories of lost loved ones and missing people bring a sense of reality to the disaster.

My great-grandfather fought in the war along with millions of others; since I didn't have the chance to know him personally the event was not as momentous to me as the



recent terrorist attacks.

Remembrance Day is a time to reflect about all the great people in the world who would give everything for others, even strangers. When soldiers go off to war, they are fighting for their country and every person in their country. They are putting their lives on the line to make ours better. Firefighters and police officers are the same. Every day they are ready to protect and serve no matter what the circumstances.

That is exactly what the hundreds and thousands of firefighters and emergency personnel thought when they responded to the call to the World Trade Center in New York. It is his or her job to go in to the wreck when everyone else is rushing out. The danger was immeasurable.

This Nov. 11 is the two-month anniversary of the terrorist attacks in the U.S. as well as Remembrance Day. Please take a minute out of your day and really think about all the people who were and still are

affected by the attacks. Think of those who perished as well as those who lost husbands, sisters, mothers and wives.

However, do not just think of this tragedy alone. Include every thoughtless act of crime, terrorism or God: car accidents, heart attacks, cancer, AIDS, wars and terrorist attacks. Remembrance Day should inspire us all to give thanks for what we have as well as honouring the people who fought to make it this way.

Remember how lucky we are to live in a nation where war is but a faded memory. The people of some countries live in fear of civil wars and danger every single day of their lives. They never experience true security or freedom. Remember there are people out there who are willing to die for you, but don't even know your name. These people are our soldiers, police officers and firefighters.

Make the effort to show someone that you care today and don't forget for a minute the horrific events we have endured in our lifetimes. They will only make us stronger and appreciate the value of living in a country like Canada.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Sportsline.com great for sports fans

This column appears weekly and focuses on fun and informative Web sites of interest to the students and staff at Conestoga College.

One of the hardest parts of being a sports fan is finding in-depth, timely news and information about favourite teams or players.

Sportsline.com is an outstanding Web site. It is easy to use and it houses more information on the major sports than any other site I have come across.

There are pages loaded with information waiting for fans of the four major sports, as well as golf, tennis, racing and more.

The main page at sportsline.com breaks down the most pertinent information in the entire sports world. If it happened 10 minutes ago you'll find the information waiting for you at sportsline.com.

My favourite area to visit is the



Mark Hulet

Major League Baseball section.

In this area surfers can access the 2001 draft archive, vote for who they think will win the World Series or find out why the Seattle Mariners failed after such a tremendous season.

With the free agent season about to open in the world of baseball the transactions section will keep viewers abreast of the most recent signings and how it could impact that team's chances in 2002.

The NHL section is brimming with interesting stats and columns.

Sportsline.com offers up-to-the-minute box scores. As the games

are going on around the country people can look and see how their fantasy players are doing even if the game isn't televised in their area.

You can also read columns from respected hockey analysts without having to shell out your laundry money to buy a newspaper.

In the NFL section people can read forecasts for the week's games.

They can also link to the NFL store or NFL.com.

If you think you know football than you should try the sportsline.com trivia challenge.

There are also detailed information on different players and their stats.

In the NBA section, fans can view 2001-02 NBA rule changes or preseason predictions.

Sportsline.com has also ranked

the NBA guards, forwards and centers for your fantasy player picks.

And if you're wondering just how good the Raptors might be this year sportsline.com has opinion columns on that very topic.

Tennis fans can find articles on future tennis stars and how to improve your own game.

You can also view player rankings, earnings and upcoming schedules.

Auto racing fanatics can challenge their knowledge in the racing trivia section or find out sportsline.com's Winston Cup power rankings.

Fans can also peruse through sportsline.com's recaps of this year's Indianapolis 500 and Daytona 500.

Along with in-depth sports sec-

tions the Web site offers sports fans the chance to play fantasy games throughout the year, including hockey, baseball and football.

There are many different contests to be played such as the Tiger Woods question and answer contest where you could win an autographed photo card and copy of his new book.

There are also many photos covering all aspects of sports.

For those of you wondering when your favourite team plays next, there is a TV listings section.

Sportsline.com has something to offer for all sports fans regardless of which sport you worship.

If you know of any fun or interesting Web site you can e-mail me at king_koala@yahoo.ca and it could appear in a future column.

Long-distance relationships take extra work

The Canadian Oxford Dictionary defines a relationship as an emotional association between two people. Seems simple, right? Well, add the word long-distance in there and simple turns into complicated.

I recently had the pleasure, and displeasure of being in a long-distance relationship. I was determined to do everything possible to make it work, in spite of all the surrounding stereotypes.

I told myself things would be great. We would truly get to know each other because we would have to talk instead of see each other.

I told myself things would be great. We would truly get to know one another because we would have to talk instead of see each other. Our visits would be much more special because we wouldn't see one another everyday or even once a week. The relationship would be truly meaningful. I was severely disillusioned.

I hate to admit this, but my long-distance relationship became a stereotype. Things were great for the first month. We talked on the phone every night for over an hour, we knew what was going on in each other's lives and when we saw one another,



Marcy Cabral

er, our time together was wonderful. Then reality hit.

The phone calls became shorter. The conversations went nowhere beyond "what

did you do today?" The visits became scarce. And then one day the phone stopped ringing. There were no real good-byes, just a mutual parting of ways.

What went wrong? Was it the physical distance? Or perhaps it was an emotional distance? I'm not quite sure. However, first-hand experience has allowed me to truly appreciate the hard work and commitment required from both parties to make a long-distance relationship work. Relationships are tough in general, but throw some extra mileage into the mix and the game starts off at a disadvantage.

I'm not saying all long-distance relationships fail, just that both parties have to be seriously committed and want that special bond.

In my situation, I don't really know what happened. Maybe, deep down, I was the one who wasn't committed to the relationship or didn't want to put the effort into it. But whatever the reason, all that remains now are some unanswered questions and a hefty phone bill.

Abduction verdict sends wrong message

Custody matters should be decided by judge

Separation can be a confusing and painful time for parents and children alike, but abducting the children and acting from the heart only causes more wounds.

Carline Vandenelsen, acquitted Oct. 26 of abducting her triplets in October 2000, has done just that.

The Stratford woman took fate into her hands, on Oct. 14, 2000, when she fled with her eight-year-old children only to be found three months later in Acapulco, Mexico. Worried that she'd lose the custody judgment, which was to be made Oct. 23, Vandenelsen used too much heart and not enough thought when she went on the run with her children.

In the trial on three counts of abduction, Vandenelsen argued that she had to take the children away from their father to protect them from the emotional and psychological damage they were to face if she lost her right to see them.

"Sometimes I was scared. I thought I would never see my dad again."

Peter Merkley

Up to this point, Vandenelsen had court allotted visitations with the children every second Saturday.

First, it's rare that a judge would completely deny access of children to any parent, especially one who has legally proven herself able and willing.

So jumping the gun, Vandenelsen was the one who put her children in grave danger and emotional strain.

Whisking the children away from their father caused their



Reni Nicholson

needless anxiety.

The fear of never seeing their father again was evident in the testimony given by Peter Merkley, one of the triplets.

"Sometimes I was scared. I thought I would never see my dad again," he said on the stand.

From the child's words, it's apparent that Vandenelsen abducted her children in response to a selfish desire to have her children to herself and not to specifically benefit the children.

The Criminal Code allows someone to abduct a child if they believe the child is in danger of imminent harm. This is a defence of necessity on the part of the abductor. This excuses the crime and makes it legal.

Vandenelsen knew her children were not in danger and would not suffer if left with their father. She was the one who was in danger. She believed that the judge would not grant her more time with her children, therefore she'd be left alone.

In the Criminal Code, the abductor does not need to prove the children would actually have been harmed, only that she believed they would be.

Well, she was right. They were harmed and were in danger, but not when they were with their father. Vandenelsen was the one who inflicted pain and suffering on the triplets.

She tore them away from their father. She forced them to throw away their bikes. She put her children in a lifestyle of poverty and insecurity for three months.

"We had to shop for groceries

everyday because there wasn't a lot of food. Mom had no job," said Peter Merkley about life on the run. "She didn't have a lot of money."

The life she brought her children into, luckily for only a short while, was unlike any they would have experienced at home with their father in Stratford. It was an experience no child should go through.

If left with their father, the children would have had the chance, on Oct. 23, of maybe getting to see both their father and mother every week.

Letting Vandenelsen off on this selfish act of love sends green lights to a lot of mothers and even fathers that if they don't get their way in court, they can always do what they please because they won't be penalized for it.

There should be a strict law that states that any abduction against court order is unlawful and will be dealt with in a swift and serious manner.

This judgment makes the court system look like a joke, only paving the way for others to use their own judgment and go against court rulings in custody disputes.

The tug of war that comes out of any such act only harms the children — more so than even divorce or separation. Selfish acts of abduction should be considered a form of abuse.

A final decision for custody should be left to a judge or an impartial jury, not a parent who is love-stricken and bound by blood.

Vandenelsen should be denied custody for the danger she put her children through during their three months on the run. She will return to court late November for a final custody decision.

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Physical Activity Guide

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Candlemaker helps children

By Mike Metzger

Children in high school who consistently skip school and get into drugs are usually discarded by society, but one woman is trying to make a difference one child at a time.

Daniela Siggia, 27, started getting involved with problem children when she came under the employment of Bill and Cheryl Antoski, owners and operators of the Wicks and Wax candle store in the St. Jacobs Factory Outlet Mall. The Antoskis wanted to create a product that would help people visualize how they wanted their life to be.

After meditating on the subject, Bill Antoski thought of Betty Finley. The Antoskis had been donating to her attendance program, which helps kids who miss school due to problems at home. Finley's program focuses on rewarding her kids instead of punishing them for their poor attendance. One of the most popular rewards became the Antoskis' candles.

The Antoskis created the Wishing Well candle, which is a small candle in the design of a well. Every time the candle is lit, the owner is supposed to make a wish. The pro-

ceeds from the candles go to Finley's program and the Light A Smile program, which the Antoskis started in order to educate parents and educators and work with problem kids to try and get them to see the positive things in their life. The Antoskis asked Siggia to help the Light A Smile program by speaking to and working with some of the kids involved in the program.

"There was a really weird karma connection between me, Betty and Cheryl," Siggia said. "The kids she was working with had such similar lives to mine that I had to be a part of it."

Siggia grew up in downtown Toronto in an area that she nicknamed "crack land," partly because across the street from the high school she went to there was a row of crack houses.

"I would wake up at night to the sound of crack heads jumping fences looking for barbecues to steal," she said.

Siggia came from a broken home. Her father was gone for long periods of time and her mother suffered from severe depression. With no support at home, one would think Siggia could go to the police when she was in trouble, but that wasn't the case in crack land.

"The cops in crack land were disgusting," she said. "They were bullies."

Siggia said that she was often afraid to go home because the police would look for people to beat up. They would drag their victims to an abandoned train platform and beat them for a long period of time, after which the victim's family or friends would come to look for them. Siggia also said that she witnessed a police officer forcing a prostitute to give him oral sex.

When Siggia was only 14-years-old she was raped by a member of the gang that controlled most of the area she grew up in. A cousin of the rapist told Siggia that the rape was videotaped, and if she told anyone what happened, they would show the tape to her family.

Siggia became pregnant from the rape, and decided to keep the baby because it was something good from something bad. She had a miscarriage late in the pregnancy and had to go through full labour. Her life went downhill from there. She got involved with drugs and started missing school.

This kind of life would make Siggia the last person that most parents would want their children working with, but she thinks she's



Daniela Siggia carves a candle at Wicks and Wax in the St. Jacobs Factory Outlet Mall.

(Photo by Mike Metzger)

more qualified than any psychiatrist to help kids with their problems.

"I've triumphed over everything that's ever held me back and every tragedy I've had, and there have been plenty," she said. "I'm willing to share where I've come from and how I overcame it all and also the problems I still have to deal with. I'm not taking this out of a text-

book and this isn't a job for me. I'm coming from love."

Siggia can be seen carving candles at the Wicks and Wax in the St. Jacobs Factory Outlet Mall and at the Wicks and Wax main store in Brantford. In the next month she plans to speak at high schools in Brantford and hopes to expand her work on a global scale.

Preparatory program begins in September

By Denis Langlois

A new preparatory program has been designed for September 2002 to help students decide which full-time program they would like to take.

Human services foundations is a one-year certificate program which will offer courses like sociology and psychology so students will know some content before selecting a career program.

Early childhood education, social services, recreation and leisure and law and security are some of the programs students will be more prepared for if they take the new program.

Dick Parker, co-ordinator of social services and designer of the program, said students will have a better idea of what career is best for them if they enrol.

"We feel this program will help people coming out of high school,

in particular, to develop a better understanding of where they want to apply and begin a career in the helping profession," he said.

Parker said the main benefit of the program is that it allows students to get elective and course credits, which will lessen the workload of their primary program.

Students taking the program will also get field placement experience, one day a week, ranging from a social service agency to a school.

The program is being created now to prepare for the double cohort in 2003.

"We think it's appropriate because it is difficult for someone coming out of Grade 12 at 17 years old to make a career decision," he said. "And maybe preparatory work will help them decide which program they want to get into and how they are going to go about getting there."

The preparatory program is

offered at over half the colleges in the province and the one that will be offered at Conestoga was designed from the program offered at Fanshawe College in London.

"We used a lot of their ideas because we liked them," Parker said.

The program, which is voluntary, has been successful at the other colleges where it is being offered.

"It is very much in demand," Parker said. "At Fanshawe they have 150 seats in this program and they are all filled."

Although many of the steps to get this program underway are complete, there are still some that need to be done.

"In the next few months the dean has a number of things that he needs to work through," he said. "The hiring of faculty, curriculum development and approval by the ministry all need to be worked out."

Teaching ESL program gives graduates opportunity to work here or overseas

By Mary Simmons

Wouldn't you love it if your job also gave you the opportunity to travel and meet lots of people? If you said yes, then the Teaching English as a Second Language program could be the one for you.

The program is designed to teach students how to prepare methods, objectives and instruction strategies for lessons. Students must select resources, deliver lessons, evaluate the effectiveness of the lesson and demonstrate cultural sensitivity.

Students will learn various teaching and learning styles which they will apply to both themselves and their students.

The program is designed for teaching adults the English skills they require.

The 25-week certificate program at the Doon campus accepts around 20 students every

September. The successful applicant must have an undergraduate university degree.

To apply, potential students must complete an application form, which can be picked up at the registrar's office, accompanied by official transcripts.

Also, those applicants who meet minimum admission requirements must submit a diagnostic grammar assessment, a writing sample and attend a faculty meeting to discuss their suitability to the program. They may also be asked to provide test scores to indicate their English language proficiency.

Students with significant life and work experience may apply through Prior Learning Assessment and Recognition (PLAR). This is offered through Continuing Education and includes a free orientation workshop.



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Road rage incidents rising

By Laurie Vandenhoff

Tailgating, speeding, obscene gestures and physical abuse. Sound familiar? That's because these are all actions we see everyday while driving on the road. Perhaps you are the victim or even the initiator. Whatever the case, these incidents are on the rise and are becoming a greater problem.

Aggressive drivers are everywhere and the problems they ignite have caused major concerns for a number of years. With the birth of the term "road rage," the problems associated with aggressive driving have only escalated. However, this can be blamed on its lack of definition. Without a description, any incident of aggressive driving can be labeled as road rage.

Still there is no denying that a problem exists. The roads have become a dangerous place and experts on the subject blame it on increased traffic levels.

"In the late 1980s, drivers in the United States, apparently frustrated by increasing congestion, began fighting and shooting each other on a regular basis," says a 1995 Automobile Association (AA) traffic study.

However, drivers do not need experts to tell them that there is a problem, they experience it everyday. According to a study by the Traffic Injury Research Foundation, nearly two-thirds of Canadians say aggressive driving is a serious problem.

Drivers also realize there is a number of reasons for the increase. "In today's society people want to get things done fast because time is money," says Brynn Varey, a second-year marketing student. She has noticed that people are always in a hurry and do not pay attention.

Studies tend to blame it on

increased congestion on the roads. With more cars out there, the problems become more frequent. In individuals, the road rage is caused by simple misunderstandings between drivers. Many people get behind the wheel of a car with pent-up frustrations, than a poor maneuver by another driver can trigger the release of that frustration.

"He cut me off," "she wouldn't let me pass" and "he was driving too slowly" have all been triggers for aggressive driving. But are they really a reason to ignite physical violence?

Violent behavior has become a problem because these incidents are leading to deaths.

According to an AA traffic study, unverified figures have suggested a total of 1,200 deaths a year can be blamed on road rage.

The weapons people carry in their vehicles has only escalated the problem. Tire irons, knives, firearms and baseball bats have been used by aggressive drivers, says the AA traffic study.

This begs for legislation against aggressive driving. However, what can really be done?

When asked in a survey, 60 per cent of Canadians supported greater enforcement of traffic laws to help curb the problem.

"It's hard to prove," says Olaf Heinzl, public affairs co-ordinator for the Waterloo regional police. "It's hard to charge people for driving improperly. The complaint usually comes from another driver. An officer usually has to see it happen."

He says it is hard to determine what road rage is because it is usually one word against another. It is a lot easier to prove if you have witnesses.

If you call police, they will investigate the incident, but a visit to the person's house is as far as it will



Drivers prepare to turn left at Homer Watson and Conestoga College boulevards. Long line-ups are a problem in the morning at this intersection as students rush to 8:30 a.m. classes. This can lead to frustration among drivers.

(Photo by Laurie Vandenhoff)

usually go. "Because there is nothing solid to base it on, the charge would get thrown out of court," says Heinzl.

No is immune to the problem of aggressive driving. Even the best drivers can become susceptible. There is also no one profile of a so-called aggressive driver, says the AA traffic study.

"However, as might be expected, the majority of aggressive drivers are relatively young, relatively poor educated males who have criminal records, histories of violence and drug or alcohol-related problems," says the study.

Not even celebrities can avoid the frustrations that cause road rage. When O.J. Simpson allegedly ran a stop sign, another driver honked his horn. Simpson then supposedly got out of his car and approached the

other driver. The two engaged in a heated argument in which Simpson is said to have ripped the glasses off the other driver, causing a cut to his face.

Simpson was cleared of the charges because like Heinzl says, these incidents are hard to prove.

"The best defence against road rage is to avoid it at all costs. This can be done in a number of different ways.

To avoid becoming a victim, studies tell people to not react to harassment from other drivers. Don't make eye contact or make sudden driving movements that could be seen as confrontational.

"Avoid all contact if possible. If you are challenged, take a deep breath and get out of the way, even if you are right," says the AA traffic study. "You don't want to be

dead right." Remember, anyone can be an aggressive driver.

Advice on how to avoid becoming an aggressive driver includes:

- Making sure you know how to get to your destination.

- Making sure you are comfortable.

- Winding down the windows for proper ventilation.

- Don't grip the steering wheel too tightly.

- Don't drive when you're angry

You should also try to avoid driving errors that have resulted in violence before. This includes tailgating, lane blocking, horn use, gestures, cellphones and improper merging. But most importantly, before reacting to another driver's mistake, ask yourself how many times you've made the same mistake before.

Traditional families exist, they're just different

By Marcy Cabral

According to a five-year study based at the University of Victoria, the traditional family with two parents who afford their children plenty of time is a myth.

Dianne Hamilton, faculty member of early childhood education, disagrees.

"The nuclear family is alive and well. It's just not what it used to be," she said.

The study researched data from the 1901 Canada census in order to gain a better understanding of what families were like in the last century. Researchers concluded that single-parent families are only slightly higher in number today than they were 100 years ago. The main cause of single-parent families back then was death and abandonment rather than divorce.

However, Hamilton said single-

parent families are in fact on the rise. The increase can be attributed to teen mothers, marriage separations and the most common factor, divorce. In today's generation, there are many different types of families as opposed to the kinds of families at the turn of the century.

"The Leave it to Beaver family never really existed."

*Dianne Hamilton,
ECE faculty member*

"I think there's too many variations to classify one type as being a traditional family. I don't think we have one uniform family today," she said.

Hamilton believes the traditional family still exists, but it's just not the norm. There are lots of two parent families, but the ideal tradi-

tional family of the '50s and '60s is not a reality, Hamilton added.

"The Leave It To Beaver family never really existed in terms of harmony and family well-being, where children got a whole lot of dad and mom," she said.

Researchers also confirmed that women at the turn of the century had little idle time and therefore did not spend as much time with their children as society has believed.

The family has been idealized, romanticized and promoted in the media and literature, but having a family has always been a challenge. Society still has preconceived notions of marital bliss and that isn't always the case, Hamilton said.

She believes the traditional family structure is still present in today's society, but a family does not need two full-time parents.

"A family is content not form," Hamilton said.

Conestoga keeps students warm

By Tori Sutton

With winter just around the corner, temperatures are dropping outdoors. Fortunately for students, Conestoga College has already turned the heat on.

This is not an easy task at the college.

The school needs a two-week period to prepare for heated buildings.

During the two-week transitional period there is neither air-conditioning nor heat on as some pipes in the building are used for both systems and need time to adjust. This year, the heat was turned on right after students returned from Thanksgiving break said Tim Schill, the chief engineer at the college.

There was a slight delay in

turning on the heat due to minor complications from the construction next to the main building.

Fluctuations in weather are not a problem, because the heat can be controlled through cooling of the boiler water at various mixing valves through the heating system.

Usually the school has more of a problem with cooling than heating the buildings, and when it gets warm there are some problems.

"We still get overheated but that's mostly from solar heat through windows, people or computers," said Schill.

Students can ensure warmth throughout the winter by keeping a sweater in their car or locker to wear in colder classrooms.

Lots to learn at Homer Watson

By Kathleen Deschamps

With the rising cost of tuition, continuing education can prove to be expensive.

There are some classes however, which are fun, educational and inexpensive.

The Homer Watson House and Gallery is one place that offers a full range of art programs at little cost.

Program co-ordinator Astero Kalogeropoulos says that programs start up many times throughout the year, and a new season will be starting again in January.

"We offer a little bit of everything, including drawing, painting, stained glass and pottery," Kalogeropoulos said.

"It is a lot of fun and you can learn a lot of basic skills."

The gallery teaches anyone from age two to 100, as long as they want to learn and have some fun along the way.

"Anyone who is curious about the arts can come," Kalogeropoulos said. "This is for people looking to get involved in a non-threatening kind of way."

Trained professionals teach all of the classes at a basic level. "Most are introductory programs, so even if you have no art experience, you can come and really enjoy yourself."

For those who already have the basic art experience, the instructors can work with you on an individual basis to further develop your skills.

A weekend session can run for as low as \$15 and a four-week class is usually \$60 to \$80.

"Queen Victoria purchased two of his paintings and today they are displayed at Windsor Castle in London, England."

The programs fill up fast, so it is a good idea to sign up ahead of time.

The public can sign up by mail, in person, or by phoning the gallery at 748-4377.

The gallery has been open to the public since 1981, and besides offer-

ing art classes it is open as a museum.

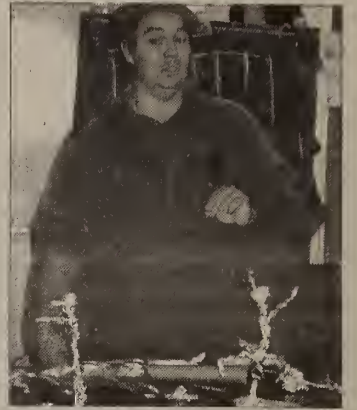
The famous painter Homer Watson was Canada's first landscape artist. Some of his works are in the National Gallery in Ottawa and the Art Gallery of Ontario.

Queen Victoria purchased two of his paintings and today they are displayed in the Windsor Castle in London, England.

Some of his collection is on display in what used to be his studio.

There is no entrance fee to visit the gallery, but a donation would be appreciated.

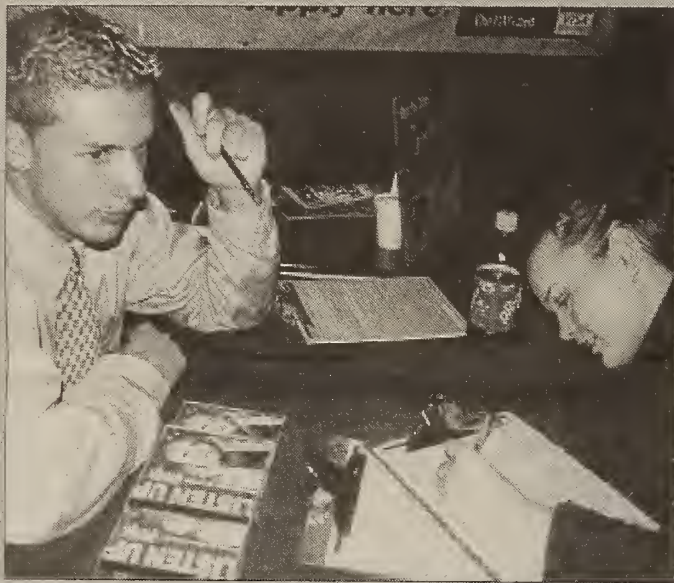
The Homer Watson House and Gallery is located on 1754 Old Mill Rd., right off Conestoga College Boulevard.



Scott McNichol teaches tinfoil techniques at the Homer Watson House and Gallery on Oct. 23.

(Photo by Kathleen Deschamps)

Signing your life away



Dave Pineo (left) signs up first-year LASA student Chrystal Kenny for a GM card in the Sanctuary on Oct. 23.

(Photo by Kathleen Deschamps)

Greyhound considers express bus to Conestoga College from Guelph

By Tori Sutton

Greyhound Bus Lines is considering improving their existing services between Kitchener-Waterloo and Guelph in order to accommodate students.

Currently buses leave Guelph in the morning and arrive at the transportation centre in downtown Kitchener on Charles Street. Riders then have to catch Grand River Transit buses to the college. However, Greyhound is considering running buses from Guelph straight to Conestoga College, Wilfrid Laurier University and the University of Waterloo if there is enough students interested.

As well, Greyhound is considering express buses that allow students to leave Guelph at approximately 7:15 a.m. and connect

with Grand River Transit buses to arrive at the college and universities in time for morning classes. Possible evening return service is also being considered.

Yvette Lemieux, the mother of a Conestoga College nursing student, contacted Greyhound in October after her daughter had been commuting to school by carpooling three days a week and taking Greyhound buses. After talking with Greyhound, she went to the college and asked Conestoga Students Inc. to help her by putting up a sign-up list for interested students.

"There are a lot of Guelph students looking for rides," said Lemieux, who listed herself as a concerned parent contact on the information sheet.

"Many people prefer, not to

drive in the winter."

The current arrival and departure times have made it hard for her daughter to get back and forth to school, and the lengthy commute makes for a hard day for students who have to get home to complete school work Lemieux said.

Greyhound was already considering improving service in the near future, keeping in mind that the double class that is graduating from high school may place a strain on local student housing.

Although interested students only had until Nov. 2 to sign the list, interested students can still contact Greyhound Bus Lines in Guelph to let them know they are interested.

If Greyhound is convinced there will be enough ridership, services could start as early as January 2002.

Knowing about the disease is half the battle

By Stacey McCarthy

It always seems that as soon as I recover from one sickness, I get hit with another. As a result, the medicine cabinet in my house has begun to resemble a small pharmacy in the last few years.

It's important that students know what health risks they might have. The Ontario College Health Association says in addition to regular immunizations, students should consider vaccinations for these other, lesser-analyzed illnesses:

Rabies

The rabies virus is usually associated with foaming dogs and bats, but skunks, cats, foxes and raccoons can also carry the virus. It's unlikely however, that rabbits or rodents like rats and mice will be affected.

Rabies is contracted through animal bites or direct exposure of open skin to an animal's saliva infected with the virus.

While there is a treatment for individuals infected with rabies, it can be fatal in many cases. The vaccine is issued through a series of needles to the abdomen. Ontario's Health Association recommends you ask your doctor about the vaccine if you know there is a possibility you will be in a high-risk environment.

Lyme disease

An individual can contract Lyme disease through the bite of a deer tick that is infected with the virus. Deer ticks can be found in wooded, densely bushed and grassy areas found throughout much of the Canadian landscape.

If you live near wooded areas or enjoy outdoors activities, the

health association recommends you check with you doctor about the vaccine.

Influenza

There are many different types of influenza and different vaccines available for the varying strains of the virus. Influenza is an extremely contagious virus that affects the upper respiratory area. It is spread through droplets during the actions of coughing, sneezing and laughing. While it is not normally fatal if left untreated, students who receive the vaccine won't waste valuable time bedridden.

Meningitis

Meningitis is an infection in the lining of the brain and spinal cord that can be caused by almost any infectious agent. One of these agents is meningococcal disease, a rare bacterial infection that can cause meningitis. It is caused by

bacterium that are already present in the throat and nose of 40 per cent of healthy people. Once someone contracts the disease, they can spread it through bodily fluids like saliva to a healthy person.

It progresses very rapidly in the space of only a few hours and can be fatal.

Students that live in residence stand a greater chance of contracting meningococcal disease, but there is a vaccine available.

Chickenpox

Normally a childhood virus, more than 90 per cent of young adults in North America have already been infected with chickenpox. It is a highly contagious, airborne virus that is transmitted through coughing, sneezing or laughing. If you haven't received the vaccine, you stand a 90 per

cent chance of contracting the virus.

Tuberculosis

Tuberculosis is caused by a bacterial infection. Testing for TB is done through a skin test that can be administered by almost any general practitioner. It is especially important that students who travel to different countries realize they are at a greater risk of contracting tuberculosis.

Hepatitis

There are three different forms of hepatitis - A, B and C. Preventative immunizations are available for only Hepatitis A and B. Hepatitis A is transferred through food, Hep B is transferred through infected body fluids and Hep C is transmitted through infected blood. All types of the virus create an inflammation of the liver that can be fatal in most cases if left untreated.

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Students adjust to new roommates

By Janine Toms

Imagine, it's your first evening in your new place and you meet your roommate who's as uptight about school as you. Then, it's lights out, but wait—you're both sleeping in the same room.

There is a strong lack of privacy in this story. And the worst part is it's true.

First-year students at Conestoga College who sign up for residence have to share all of their accommodations with one lucky roommate.

First-year student Stephen Poirier of Woodstock decided to live in residence to meet new people. Poirier's parents paid \$3,900 for eight months' room and board including an additional cost for a deep freezer. Before moving in, Poirier filled out a survey from the residence to find a compatible roommate.

Each apartment has a kitchenette, a bathroom and one bedroom. The cost of the apartment includes a TV with cable, a video cassette recorder and Internet access. There is also a microwave, mini-fridge and a housekeeping service that comes to their room once a week. However, there is no closet in the confining space and none of the windows in the apartment open.

This year, a new addition to residence features apartments that each have separate bedrooms in the apartment. First choice of those rooms was given to those who lived in the older building last year, which brought back a number of second-year students.

There are some rules students must follow, such as not keeping their doors open for fire safety. No beer bottles are allowed on the property, and room searches can be done with reasonable suspicion. Visitors must sign in and leave a piece of identification at the front desk. There is a \$5 cost for anyone who stays overnight.

There are two stoves downstairs for communal use, four washers and dryers and a lounge that only opened two weeks ago. Much of the construction at the new building has been disruptive for students.

John Kobylnik, manager at the residence for the past five years, said construction has not been on schedule. "At the beginning of the year there were some issues," said Kobylnik. He assured such setbacks are now on track.

Beer bottles are not allowed on the property because of the hazard it has caused in previous years with broken bottles in the parking lot



First-year student Stephen Poirier and his roommate hang out in their room at Conestoga Residence and Conference Centre.

(Photo by Janine Toms)

and within the building, said Kobylnik.

Each student must pay \$250 deposit, which is redeemable if all furniture is intact at the end of the second term.

"Technically we're not supposed

to move the furniture around in the room," said Poirier.

Kobylnik said that policy is to prevent damage.

Residence organizes barbecues held on the property and bus trip to local bars.

Student appreciation was the theme of the last barbecue held. It was the residence's way of apologizing to students for the delays.

Poirier has not yet decided if he would like to live in residence next year.

Defend yourself with Jujitsu classes

By Vanessa Laye

Escape the attack of a criminal aggressor through the teachings of jujitsu at Conestoga College.

Cameron Veitch, a law and security teacher at Conestoga and Jujitsu instructor from the National Protection Agency (NPA), brings a program of modern reorganization of martial arts styles free of charge to students and member of the recreation centre.

"Jujitsu is a positive life skill."

*Cameron Veitch,
law and security teacher*

"Jujitsu is a positive life skill," said Veitch who has been studying various styles of Jujitsu for 11 years. This program's main objective is to teach a responsible method of self-defence in order to

successfully avoid violence. Veitch has taken the best techniques from the striking martial arts of Japanese karate, judo, jujitsu, and aikido. He has also borrowed from arts such as Muay Thai, Tai Chi, nerve pressure points, and police defensive tactics, to create a unique program.

The NPA have selected these techniques through their experiences in the field of corrections and exposure to criminal and civil law and legal advice.

"Most people aren't taught the proper use of force," said Veitch. The NPA teaches physical techniques that are based on the Force Continuum, which states that only a reasonable amount of force should be used depending on the nature of the threat.

"Always use less force than necessary," he added. Some styles of jujitsu use excessive hard striking techniques, but Veitch also puts emphasis on nerve pressure points

in the body, which create a temporary motor disfunction or distraction to the subject.

"Most people aren't taught the proper use of force. Always use less force than necessary."

Cameron Veitch

Jujitsu is an ongoing training process, and people are encouraged to start the class at any time. "The recreation centre is giving the students a great opportunity to learn jujitsu," said Veitch. To take Jujitsu classes outside of the school would cost approximately \$40 or \$50 a month. Jujitsu seminar classes are held every Thursday at 8 a.m. at the centre's gym. Nerve pressure points and police defensive tactics are the basis of this class. If you pursue this

art, free testing is also available for you to earn different belts (levels).

In January, classes will be held four days a week and will be open to the public for a fee.

Women's self-defence

The class covers nerve pressure points and police defensive tactics.

Tuesday and Thursday
8-8:50 a.m.

Jujitsu class schedule

Nov. 8 10 – 11:30 a.m.
Nov. 15 11 – 12:30 a.m.

*Other dates to be posted

For more information call
the recreation centre:
748-3512

Superbuild almost complete

By Michelle Timmerman

The Superbuild project at the Conestoga Residence and Conference Centre is almost complete, according to an update at the college's Board of Governors meeting held in the Guild room at the college, Oct. 22.

When the residence opened to students at the beginning of the school year it was 90 per cent completed. The incomplete areas included the lobby, common areas and landscape.

Currently the landscape is the final phase in finishing the residence, which is expected to be completed by the end of October.

Construction on the addition to the college is well on its way and is scheduled to be completed by early August 2002.

The new building, which will be located between the existing main building and the recreation centre, when complete will be approximately 110,000 square feet, with a holding capacity of 1,300 students. The building will also include 39 classrooms, a 180-seat tiered auditorium, faculty areas as well as a cafeteria and study areas.

The fully furnished costs of the addition will be funded by the \$14.2-million Superbuild grant and interest revenue generated by the grants. Current projections for the project are estimated at \$22.2 million.

"I was always tired, always thirsty. Thank goodness I knew the warning signs."

Sheila, newly retired

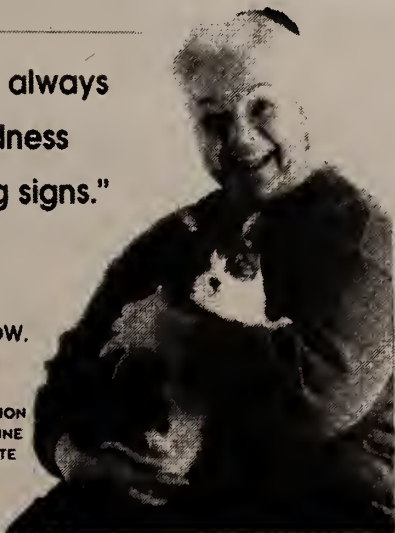
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A good time had by all at Fairview Park Mall

By Julianna Kerr

A lively group of Conestoga alumni and friends volunteered their Saturday to entertain kids at Fairview Park Mall Oct. 27.

Parents could leave their kids in the care of early childhood education students while they shopped, for a donation in the amount of their choice.

The almost \$635 raised through donations went to the Canadian Red Cross relief fund for those affected by the Sept. 11 attacks in the United States.

The busy mall's atmosphere was made festive by smiling volunteers wearing Halloween costumes. Although it was noisy and packed, it was also a lot of fun!

One of the busiest spots was the little daycare corner where volunteers carved jack-o'-lanterns with the kids. Pumpkins were provided by Kim-Glow Pumpkins.

Also featured during the day were five performances by the Kitchener troupe Dimensions in Dance. Energetic costume-clad youths of all ages could be seen dancing for most of the afternoon — even when they weren't on stage.

Performer John Wason from the Out of Silence Mime Theatre put on a story-telling show based on music, and made balloon animals for his audience.

Even face painting was available for kids of all ages in the crowd.

Alumni services officer Monica Himmelman and Conestoga alumni Tara Llanes and Cheryl Gonneau were the driving force behind the event.

"We're here to raise money and



Conestoga alumnus Bryan Bambrick manned the day care and carved pumpkins most of the afternoon at Fairview Park Mall on Oct. 27.

(Photo by Julianna Kerr)

have some fun," Llanes said.

Parents, kids and volunteers

laughed, clapped and danced their way through the afternoon.

COUNSELLOR'S CORNER: Coming Out

Everyone has a sexual orientation. We may feel attracted — emotionally and physically — to someone of the opposite sex, someone of the same sex, or to people of both sexes. Sometimes, we may even feel as though we are a gender different from that of our birth — and then feel confused about our attractions to others and our choices for a partner. Conservative estimates suggest that one in ten people are gay, lesbian, bisexual, or transgendered. Typically, while heterosexual people participate in dating throughout adolescence, people of an alternative sexual orientation may begin to explore their sexuality only after they have left the formative years, their family, hometown, or previous personal identity.

Some people make the transition in coming out smoothly: accepting one's sexuality may feel like a period of finally "coming home." However, for others it is a task filled with pain, self-loathing and lack of support. This may be complicated by feelings contrary to messages received while growing up, one's definition of "normal," or one's religious upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that nurtures positive feelings about their sexual orientation. The road to understanding, accepting, and celebrating one's sexual orientation often cannot be traveled alone. If you are confused about your sexuality, need support, or would like to know of resources available in the community, counsellors in Student Services can help.

A message from Student Services (Room 2B02)

Dreams can come true

Conestoga College student creates clothing company

By Nicole Childs

Most students dream of seeing their name in a logo in clothing stores but never actually do anything about it. However one Conestoga College student persevered and made his dream come true.

Ryan Stoangi, a first-year general business student at Conestoga, is the creator of SupaFly gear, a surf, skate and snowboard clothing company.

Stoangi registered his company almost one year ago and trademarked SupaFly last February but didn't get the actual product until March and didn't have it in stores until April.

Right now he is focusing on upper wear, a line of clothes that includes hats, visors, T-shirts and hooded sweatshirts all bearing the SupaFly name. He hopes to purchase his own factory and manufacture rather than sub-contract the majority of his production line. This would allow him to make different variations such as button-up shirts for men. He says pants are too expensive to make right now.

"I wanted to appeal to the extreme sport industry."

Ryan Stoangi,
first-year general business student

He is working on getting girls clothing out, such as girl's three-quarter-length sleeve shirts, tank tops, T-shirts, hooded sweatshirts and girl's thongs. These will be ready by the second week in November and he has already begun looking for female models. Eventually he hopes to branch out into eyewear.

Stoangi came up with the idea simply by making fun of the saying super fly with a few friends one day in his apartment but after changing the "er" in super fly to "a", he thought it could make a cool name for a clothing company. Even after he had thought of the idea he didn't implement it until the following year.

"I wanted to appeal to the extreme sport industry. I wanted to do something cool," said Stoangi when asked why he got into the business. "You walk down the street and see someone with your product and it's pretty cool."

He has a couple of sales representatives for different areas in Ontario and one in Florida but he mostly runs the business on his own. He deals with friends for



Ryan Stoangi, a first-year general business student, is the creator of SupaFly gear.

(Photo by Nicole Childs)

business as much as he can. Two of his friends own a sticker company, FTS Stickers, and they make his stickers for him as well as implementing the heat transfer process for SupaFly T-shirts and female products.

So far he has his clothing in Ron Jon Surf shop in Florida, Fathom a surf and skate shop in Collingwood, Ont. and Little Ed's Bike Emporium. He is currently scheduled to have his line in Tropical North in Barrie, Surf paradise, and West 49 by December.

Like all businessmen, he hopes to turn his business into a multi-million-dollar business but he also enjoys just seeing his product out in the public. "I just want to see people wearing it," said Stoangi.

He hopes one day to have a large pro snowboarding team all sporting his logo. Right now the SupaFly team consists of Jesse Fox and Chris Wilson, two pro snowboarders, although it also has up and coming riders.

Stoangi is also looking into sponsoring kids in skate boarding and snowboarding, and other extreme sports. He also has a trailer that he is thinking of turning into a promotional trailer for events such as wake stock, warp tour and other skate and snowboarding competitions throughout the year.

Stoangi uses money from selling cars that he builds to help support his business.

When asked why he wants to be in this business he said, "I want to work for myself and make something that I can see, something I can be proud of."

He plans on having a Web site up Nov 5.

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Chefs raise \$1,500 for cancer

Recipe for Success dinner held at Waterloo campus by students

By Shannon McBride

The authors of two of Canada's fastest selling books of all time spoke at Conestoga's Waterloo campus on Oct. 21.

Greta and Janet Podleski are the authors of *Looney Spoons* and *Crazy Plates*, two best-selling cookbooks and the producers of four complete frozen meal packages.

The authors waived their \$5,000 speaking fee in order to help raise money for breast cancer awareness at an event called *Recipe for Success*. It was hosted by Conestoga's food and beverage management and chef training programs and the Waterloo unit of the Canadian Cancer Society.

Cookbooks were sold at a discounted rate and \$5 from every cookbook sale went to the Cancer Society. The event raised almost \$1,500.

Aside from supporting a great cause, *Recipe for Success* was educational for all involved. Students from the food and beverage management and chef training pro-

grams prepared and served food samples from three recipes in the cookbooks and one of the frozen meal packages. These samples included a salad, a Moroccan stew, chicken penne and carrot cake.

The event was also educational for guests. As part of their presentation, Greta and Janet Podleski spoke about their humorous struggle to write and publish their own cookbooks. Janet quit her job at Corel and Greta quit hers on Parliament Hill.

After a garage sale that sold Janet's car and wedding dress, and nearly her husband, the sisters finally got the idea to call Dave Chilton, the author of the *Wealthy Barber*. Chilton thought their idea was so great that he decided to sponsor them.

"We just thought big all the time," Greta said.

For 14 months, Greta cooked and cooked until she came up with perfect low-fat recipes. She tested her dishes on cousins and she would always listen for one specific comment. She wanted to hear, "I can't believe it's good for me." Greta

thought she must have spent about \$10,000 in groceries by the time she was done.

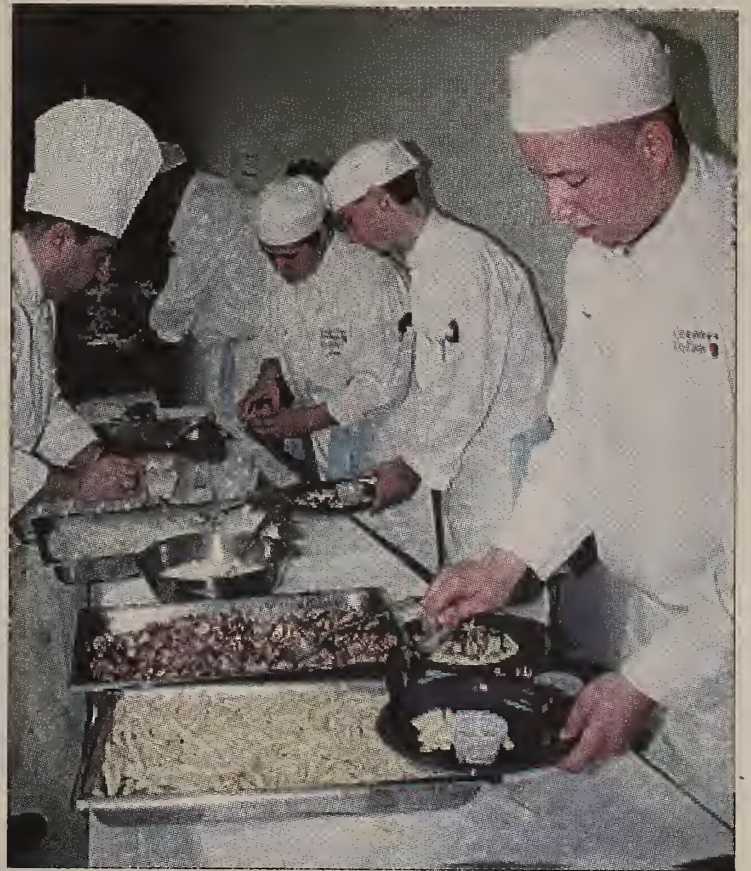
Chilton convinced the authors that with the help of his sponsorship they could publish their own cookbooks under their own name. That way they could do things their own way and not be overlooked by a huge publishing corporation.

The sisters were reluctant, but after some pushing they created Granet Publishing Inc. The name is a combination of their own names, Greta and Janet.

In its first week, *Looney Spoons* sold 10,000 copies making it an instant bestseller. It sold 325,000 copies in the first year of print and spent 85 weeks on the bestseller list. Granet's second cookbook, *Crazy Plates*, sold 350,000 copies in the first year.

Since then, the women have gone on to produce four frozen family meal kits. Greta and Janet visited 150 grocery stores across Ontario this summer to promote the kits.

Four more kits offering smaller portions are set to fill grocery shelves in the next few weeks.



Students from the food and beverage management and chef training programs serve food samples they prepared. It was part of *Recipe for Success*, an event held at Conestoga's Waterloo campus on Oct. 21 to raise funds for breast cancer awareness.

(Photo by Shannon McBride)

Counsellors can help graduates get a job

By Sarah McGoldrick

One of the hardest tasks after completing college can be getting the job a student prepared so hard for.

Conestoga College has employment counselling and services geared specifically to the graduate.

"We have lots of resources and staff and it's really useful. It's better to be familiar with the staff and the services."

Sara Free,
Employment officer

The Employment Services office located in Room 2B04 has trained counsellors to help graduates find jobs through resume referral and by distributing resumes and cover letters to

potential employers.

Employment Officer Sara Free said, "We have a service where we sit down and look at the resume with them (graduates). We go over different styles and formats based on the job."

Also available are resume-critiquing services where the counsellor will sit down and go over the resume one on one looking for any errors or trouble spots.

Employment services also allows students to drop off their resumes so the service can distribute them in the students' field. The student can then drop in and check to see where the resumes have been sent or call the Jobs Hotline.

Free added the officer will help with developing job search and interviewing skills.

She said students shouldn't wait until they graduate to use the service.

"We have lots of resources and staff and it's really useful. It's better to be familiar with the staff and the services," she said.

Grads can obtain further information by calling the Jobs Hotline at 519-748-5220 ext. 3562. The number can also be used to obtain information regarding the status of resumes.

The service is available free of charge for the first six months after graduation and \$25 after that.



Employment officer Sara Free can give grads the direction they need when looking for a job.

(Photo by Sarah McGoldrick)





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Vitamin supplements beneficial

By Stacey McCarthy

Are those vitamins we shovel into our bodies every morning really necessary? And what are these supplements doing to our bodies?

According to the Responsible Nutrition Council, more than 120 million individuals in North America use dietary supplements.

These include vitamins, minerals and botanical products.

While experts agree that a proper diet is always the best way to obtain essential nutrients, it is not always possible to eat measured numbers from each food group every day. In some cases a supplement may be necessary.

Dr. Crystal McLaughlin of

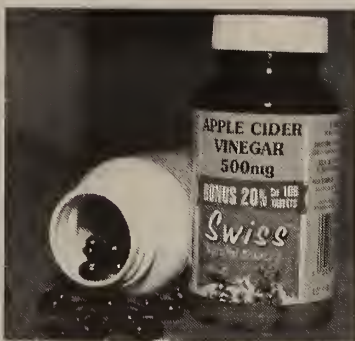
naturopathic medicine says that only if you ate, "a completely organic, pesticide-free diet, had a stress-free life and was not exposed to pollution of any sort, you wouldn't need vitamins."

While the greatest amount of nutritional fill can be found in fruits and vegetables, few people get enough of these in a day.

However, even if you stock up on fruits and vegetables you're not guaranteed to get the necessary intake of vitamins.

These foods can be depleted of their nutrients for a number of reasons — they've been shipped from far away, they've been stored for too long, or they have been over processed.

Any one of these reasons is



More people are turning to nutritional supplements to get their vitamin and mineral intake for the day. (Photo by Stacey McCarthy)

enough to substantially lower the vitamin or mineral content.

Most people therefore, can ben-

efit from using nutritional supplements. Since very few people eat a balanced diet they need additives to make sure their body is functioning properly.

Most professional medical societies have slightly lower opinions of nutritional supplements than dietitians.

They claim that while there are obvious benefits to some vitamin and mineral supplementation, there is still not enough information available on their effects.

However, medical professionals have agreed upon a few beneficial vitamins.

Vitamin B-12 is recommended for vegetarians who have eliminated all animal products from their diets.

Folic acid is essential for women of childbearing age who are consuming only small amounts of fruits, vegetables and legumes.

If you don't consume enough milk and milk products or receive enough sunlight, doctors also recommend you take vitamin D supplements.

Those who are lactose intolerant or allergic to dairy products should take additional calcium and those who are on severe weight-loss diets should take vitamin or mineral supplements.

There is a dangerous side to supplements however. Because they are not regulated and monitored, the labeling of some supplements is not always accurate or complete.

With hundreds of supplements available and not all of them labeled fully, few people know what they should be taking.

Almost every vitamin or mineral supplement is different, and most consumers rely on friends or family for advice on what to take.

It is recommended that people interested in alternative medicines consult with an expert like a naturopathic physician, a certified nutritionist or a licensed acupuncturist.

Since each individual has different needs and varying diets, nutritional supplementation has to be balanced to the body accordingly.

Each program needs to be individualized. Like prescription medications, supplements taken in large quantities or dosages can also be harmful.

People with diabetes should be especially careful with herbal supplements that claim to lower glucose.

As well, individuals with serious medical conditions should consult a physician before taking any sort of mineral or vitamin supplement.

Those who are considering high-dose supplements should also talk with a health care professional to ensure they are receiving safe and appropriate amounts of vitamins and minerals.

Stress Management Workshop



Feeling stressed out about the pressures of college life?
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We'll talk about:

- What stress is,
- The symptoms of stress in your life,
- How you react to stress,
- The many tools we can use to cope with stress.

Learn to recognize when stress is taking its toll on you, and what you can do to reduce stress in your life.

Wednesday, November 14, 2001 in Room 2D14
3:30 — 5:00 p.m.

No Sign Up Is Necessary

Workshop Facilitator: Judy Bates, Counsellor, Student Services

Nutritional Facts

■ More than 120 million people in North America use dietary supplements.

■ The greatest amount of nutrition can be found in fruits and vegetables.

■ Not all supplements are fully labeled.

■ Vitamin B-12 is recommended for vegetarians.

■ Supplements can be dangerous if not regulated or monitored.

■ People with serious medical conditions should consult a physician.

Safe sex important, students say

They share favourite pick-up lines and ideas on how to set the mood

By Daniel Roth

Safe sex is a huge consideration in today's society.

Conestoga College students interviewed agree it is important to protect themselves from disease, or in one person's case illegitimate children.

But has safety taken the sport out of sex? As it turns out, no, it has not.

The students that were interviewed gave interesting answers to a series of questions that ranged from their favourite pick-up lines to what they like to do once the deed is done.



Chet Greason, a first-year broadcasting student, had the cutest pick-up line.

"I've lost my teddy bear. Can I sleep with you?" he said, adding,

"and you have to give her the cutie-face when you ask."

Greason has a unique view on the importance of condoms.

"They're pretty important as you don't want to have a bunch of illegitimate kids out there," he said. "They come back to haunt you from time-to-time."

When asked what his favourite contraceptive was he responded with a rather unusual, but humorous, answer.

"I'd have to go with the pill, because condoms can get kind of messy. Besides I like to go free and easy."

After all is said and done Greason summed up what he likes to do in one word. "Leave," he said.

Chris Moura, a first-year mar-

keting student, was quick to the point with his answers.

"For my pick-up line I would say you're beautiful, let's have sex," he said.

Moura feels safe sex is very important and chose the condom as his favourite contraceptive.

His favourite mood-enhancing accessory is one most people probably wouldn't consider. "Probably a porno," he said.

His answer for what he likes to do once finished is not surprising.

"Sleep or go home," he said.

Jen McGregor, a first-year law and security administration student, enjoys glow-in-the-dark accessories.

When asked what her favourite contraceptive is she responded "glow-in-the-dark condoms."



McGregor

Not to stray from the theme her favourite mood enhancing accessory was not much different.

"Glow-in-the-dark dice," she said.

After the evening of safe glow-in-the-dark fun is over, McGregor said she smokes to unwind.

"It's relaxing," she said.

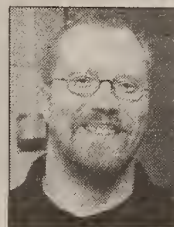
McGregor does use a few pick-up lines but none of them were suitable for publication.

Jody Andruszkiewicz, CSI vice-president of academics, had some refreshing answers.

"I don't have a favourite pick-up line because I find that they are too cheesy to use," he said.

Speaking of cheesy lines Andruszkiewicz's motto sums up his feelings towards safe sex.

"No glove no love," he said.



Andruszkiewicz

"Obviously abstinence is the best contraceptive, but I'll use a condom."

Andruszkiewicz likes to use soft music and lighting to enhance the mood, and said he is not in any rush afterwards.

"I like to cuddle," he said.

Elais Campbell, a second-year broadcasting student, always protects himself.

"I'm a Trojan man," he said, referring to his favourite condom.

Campbell doesn't like to use cheesy lines to get a girl either.

"Pick-up lines are for suckers," Campbell he said.

His favourite mood enhancing accessory is a girl. And like most of the guys interviewed he also leaves or sleeps after sex.



Campbell

Ladybugs invade region

By Nicole Childs

Did you ever wonder why this year those little red and orange creatures with the black spots on their backs suddenly seem to be everywhere. The walls and windows are covered and the door is surrounded by these little harmless bugs. As I sit here there are five walking around the window and three hanging on the ceiling.

The increased number of ladybugs has left many people wondering why there are so many and why do they bite.

Ladybugs or lady beetles, if you use their correct name, have increased greatly this year due to many circumstances. One of the reasons is due to the large populations of soybean aphids.

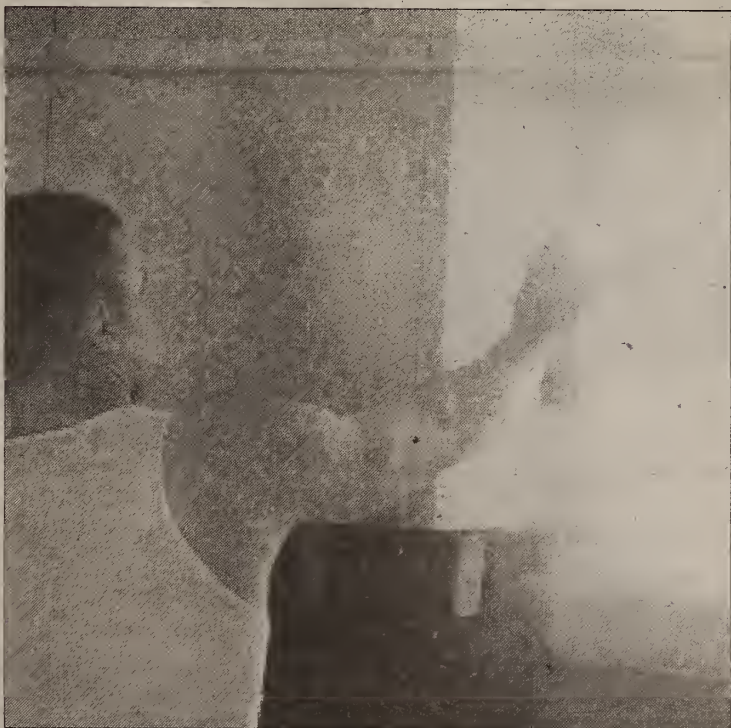
Soybean aphids flourished this year and are one of the ladybugs' favourite foods.

There are so many ladybugs now that they have actually begun to nip at people they land on which, is unusual for ladybugs. They have also become a nuisance damaging grape and peach crops.

There are so many ladybugs now they have actually begun to nip at people they land on, which is unusual for ladybugs.

Another reason there are so many ladybugs is because they have few natural enemies, which means if we want to get rid of them we have to do it ourselves. They play dead to protect themselves and the red colour warns predators that they probably aren't a tasty treat.

Ladybugs come in three different



Scott Smith, a second-year woodworking student, sprays Raid to rid his house of ladybugs.

(Photo by Nicole Childs)

colours-red, yellow and orange. They have black spots on their backs and six legs. The redder the ladybug the older it is. They belong to the beetle family Coccinellidae which means "little sphere."

Many of the ladybugs were introduced from Japan, Korea and other parts of Asia. Ladybugs are great for controlling crop pests like aphids, scale insects, mites and other soft bodied insects. A ladybug can eat more than 200 Aphids a day.

Now that it is getting colder, ladybugs are looking for a warm place to hibernate during the winter and that is why they are invading homes. Ladybugs are attracted to vertical surfaces and light-

coloured walls. They often enter through cracks or open windows and find a place to settle down for the winter.

As clever as they are at getting in, there are a few ways to keep them out. Sealing up points of entry like cracks in the walls will help to reduce the numbers. Also, make sure screens and doors fit snugly.

If you decide to vacuum up live ladybugs it is best to get rid of them away from the house otherwise they will fly back. Upsetting them will also help them to move on more quickly.

You won't have to live with this pest for too long because ladybugs will relocate outside in spring to find their favourite meal.

Know all the facts before getting the flu shot

By Lisa Hiller

If you missed getting your flu shot this past week at Conestoga College, don't fret, there are plenty of opportunities in your community.

If you want the flu shot, at least know all the facts before you get it.

A lot of people haven't gotten the shot or won't get it because they don't need it. They don't get the flu so they say why bother getting a needle punched in their arm.

Here's why.

Influenza, commonly called the flu, is much worse than a cold. It is a contagious viral infection of the nose, throat and lungs.

Symptoms include headaches, chills, dry cough, body aches and fever.

Although most people recover fully from the infection, complications can occur because your body's ability to fight off other infections is lower when you have the flu.

Children and the elderly are especially at risk for developing pneumonia because their immune systems are not at their strongest. Bronchitis, kidney and heart failure can also occur.

Vaccination has proven to be the only way to reduce mortality rates caused by influenza.

Studies show that immunization reduces the seriousness of the flu should you contract it.

The flu spreads rapidly from

person to person by airborne droplets carried in a cough or sneeze.

Under the right conditions the virus can survive up to 48 hours on nonporous surfaces like a telephone receiver, computer keyboard, doorknob or kitchen countertop.

Infected people can be contagious for about a day before their symptoms appear.

Getting vaccinated won't give you the flu because the shot contains only dead parts of the virus.

Most people experience no side effects from the shot.

A few people may experience redness, soreness and swelling around the immunization site. Fewer people may get a fever or muscle aches that may last one to two days. Life-threatening side effects are rare.

Most often people confuse these side effects with the flu.

You are advised to get a flu shot every year because the strains from the virus can change from year to year and an annual vaccination is needed that matches the new strains that are circulating.

You should not get a flu shot if you are under six months old, have an allergy to eggs or an allergy to Thimerosal, a preservative in contact lens solutions and the flu vaccine.

The best time to get a flu shot is now, but getting it anytime throughout the winter season will help you fight the flu.

My Left Breast

Film shows woman's struggle with cancer

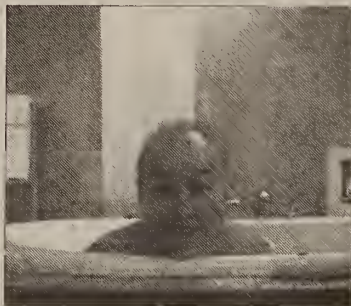
By Mary Simmons

They're a part of every woman. They're identified with motherhood and sexuality. Most of the time, we take them for granted. Rarely do we seriously think about them. They're just there. But what if they weren't? What if one of your breasts had to be removed?

My Left Breast is a documentary that focuses on one woman's struggle with breast cancer and the removal of her left breast. Filmmaker and subject Gerry Rogers did an amazing job conveying her story and is definitely worthy of the two Gemini's she has received.

The film won for Best History/Biography Documentary and Rogers was named Best Director in a Documentary Program. The Gemini's were handed out Oct. 29, honouring the best in Canadian film and television.

Aired on Oct. 23 on CBC, My Left Breast is an inspirational documentary that makes viewers think about the impact of breast cancer on the lives of the women who are diagnosed, as well as



(Internet photo)

their loved ones.

This film was made with the co-operation of Peggy Norman, Rogers's life partner, who operated the camera for most scenes. There were also times when Rogers filmed herself in bed and in front of a mirror. Although the scenes shot by Norman were poignant, viewers saw a different side of Rogers when she turned the camera on herself. I felt she was more honest during these moments and was more willing to share her fears and shed some well-deserved tears.

Rogers mentioned more than once that she felt guilty for feeling negative.

"I should be positive," she said

in one scene.

I really got the sense that she was trying to be strong for those around her, not herself. It made me realize how hard it would be if you were diagnosed with a disease such as this and you didn't have anyone in your life to keep you motivated to live. I realized that when you are in such a position you feel so horrible because your body is filled with toxins. You feel overwhelmed. You are not trying to get better for yourself, but for those you love.

The film also showed that even in the worst of times, people can come together and show love and tenderness. Rogers put out a request for locks of her friends hair, which she made into a wig. Many people responded and it was a beautiful sight.

My Left Breast reminded me of how fragile our life can be and how we should hold on to the important things in our lives: our family and friends.

Every woman has the potential of getting this disease. This film shows how one coped with that reality. I would recommend it to anyone.

HOROSCOPE

By Daniel Roth

Horoscopes for the week of Nov. 5 to 11

Happy Birthday Scorpio!

A twist of fate will put a big smile on your face. Expect the unexpected on your special day. Let your friends spoil you; they'll do everything they can to make you happy on your birthday.

Aries: March 21 - April 19

If you feel compelled to go on a spree don't. You can do without the material possessions. You need to save all of the money you can.

Luckiest day: November 5.

Taurus: April 20 - May 20

You may find yourself negotiating financial matters this week. You may also be receiving some unexpected money. If you can afford it play the lottery.

Luckiest day: November 11.

Gemini: May 21 - June 21

You will have an impulse this week to do something creative. So let your creative nature flow into any projects or hobbies.

Luckiest day: November 11.

Cancer: June 22 - July 22

If you find yourself in the company of an older male this week listen to what he is telling you. He will have a humorous way of putting your life into perspective.

Luckiest day: November 7.

Leo: July 23 - August 22

There is lots of activity and commotion going on around you. If it doesn't involve you don't feel left out. Use this uneventful time to rest.

Luckiest day: November 6.

Virgo: August 23 - September 22

Listen to your intuition

this week. Let your creative nature guide you when making important decisions. Don't be so defensive.

Luckiest day: November 5.



Libra: September 23 - October 22

You want to progress with your life. If you are not happy with your current situation don't be afraid to change it.

Luckiest day: November 10.



Scorpio: October 23 - November 21

Whether it be material gains or financial gains, good things are coming into your life. Consider yourself lucky but don't rub it in other people's faces.

Luckiest day: November 10.



Sagittarius: November 22 - December 21

If you have had any disagreements with anyone they will be resolved and forgotten. You will notice things in your life will be gradually getting better.

Luckiest day: November 6.



Capricorn: December 22 - January 19

The silence before the storm has settled in. The temporary peace in your life will only last a short while. Be prepared to be stressed out later this week.

Luckiest day: November 6.



Aquarius: January 20 - February 18

You will notice how important your friends are. You will consider yourself lucky to have such an amazing group of people around you.

Luckiest day: November 9.



Pisces: February 19 - March 20

If you find yourself being bored and mildly depressed try to look on the positive side of life. Things are going to get better in awhile. Luckiest day: November 6.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

If you knew one hour of your time could save someone's life...

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- WEAKNESS**
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- TROUBLE SPEAKING**
Temporary loss of speech or trouble understanding speech
- DIZZINESS**
Unsteadiness or sudden falls, especially with any of the above signs

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Seek immediate medical attention if you have any of these symptoms.

Just joking around

Comedian David Acer performed in the sanctuary on Oct. 23. Acer is a veteran of the Just for Laughs festival in Montreal.
(Photo by Marcy Cabral)

Don't let winter stop parties

The period between autumn and winter has embarked upon us. Everything outside is brown and dull. But don't fret, lots of things can be done inside, including throwing a theme party.

Do you have friends? If so give them a call. You'll need them for the party.

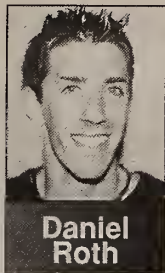
Now, there are several different types of soirees you can host. You don't even have to be Martha Stewart to pull them off.

Here are some fun party ideas that will keep you and your friend entertained throughout this drab time of year.

The 007

You don't even have to like James Bond to throw this fun party, although it would help.

Select a few of your favourite James Bond movies. One from each decade is recommended.



Daniel Roth

Have each of your guests dress up like one of the characters from the different movies.

You'll need to know the plot lines from the movies, since you'll need to inform your guests on how to dress appropriately. During the movie, after an interesting scene, pause the tape or DVD and recreate the scene adding your own little twist to the situation. An example would be Bond hitting on a girl and not being able to hook up.

You're going to need refreshments at your party. Pop is fun, but you may want to research some other drinks for your guests.

If you are an avid Bond fan you

will notice when he is with a guest he will sometimes go a little wild and indulge with a drink other than a martini.

For example in Goldfinger, while Bond is at a lovely ranch where someone is taking over the world, this woman named Pussy Galore serves him a mint julep.

Take note of the different drinks served in the movies and feature them at your bar along with the martini.

While you are taking notice of the drinks observe the different types of food he eats. Try to make the dishes served in the movies for your friends.

If you can't cook find someone who can to do it for you.

Your 007 party will surely be a success if it is planned properly.

The next party will require some culinary expertise.

The Iron Chef competition

This party is really a glorified potluck.

Gather up a bunch of your friends. Have each one write down a main ingredient on a piece of paper. Put the pieces of paper in a hat and draw a main ingredient, which you must each use in your dish.

Next you will draw the names of your guests to assign who makes what.

You are going to want to make appetizers, main dishes and desserts. The number of people competing in the cook-off will determine how many people cook the different parts of the meal.

For example you don't want four people cooking desserts and only one main dish.

Have the guests bring their prepared dishes to your home ready to eat.

Serve each dish individually as you will be judging each other's food. Have a scorecard and pen ready for each of your guests.

You will judge the food on colour, whether it's eatable, the aftertaste and so on. Feel free to add some of your own categories. Make the total score out of 30 for each dish.

Once the feast is finished add up the scores and take an average. You may need an accounting student as a guest.

The person with the highest average wins a prize.

So just because there is nothing to do outside doesn't mean you have to be bored.

Take these suggestions into consideration and you and your friends will have a great time at parties that involve more than just loud music and binge drinking.

CTV goes out on limb with The Sopranos

Warning! This program is not intended for children. It contains scenes of violence, extremely coarse language and nudity. Some adults may be offended by the content. View discretion is strongly advised.

Are you going to watch and see what is coming on after a warning like that? I did and now I'm hooked and addicted to CTV's coverage of The Sopranos, Sunday and Monday nights.

In a bold and unprecedented move, CTV is airing the show uncut and uncensored, after receiving consent from the Canadian Broadcast Standards Council (CBSC), a self-regulatory body created by Canada's private radio and television broadcasters.

So far, CTV has shown season one and two of The Sopranos, a New York/New Jersey mob-based drama. The show focuses on mob-boss Tony Soprano, his family, and his problems.

The writing is edgy, foul language runs rampant, and Tony and his mobsters conduct their business in the Bada Bing strip joint.

There are no bleeps over swearing and no fuzzy boxes over bare-breasted strippers.

I worry my grandmother may



Julie Graham

accidentally tune in one night and have a heart attack!

According to Liane Faulder of the Edmonton Journal, I'm watching The Sopranos with

more than two million other viewers in Canada.

My brother, who resides in the States, laughed at me when I told him I was watching season one on CTV last fall. He was watching season three on HBO, The Sopranos originating network.

In a recent article from The Gazette, David Chase, creator and writer for The Sopranos, said CTV's decision to carry the show uncut during prime time was extraordinary.

"I'm gladdened whenever I see anything that resembles free speech or freedom of expression," said Chase.

Also, according to an Edmonton Journal article, Michael Imperioli, who plays Tony Soprano's nephew Christopher on the show, said a main network like CBS, ABC or FOX would never carry

the controversial show.

"I was impressed when I heard Canada was airing it," said Imperioli. "It made me think twice about Canadians. They seem very low-key."

The show has a cult following and has won countless awards since its premier in 1999. However, it has also received its share of poor reviews.

On Oct. 27, a Kitchener man wrote in a letter to the editor to the Record, "A great mass of humanity continues to be mired in hopelessness ... needing our active concern ... and we carry on giving our minds, time and affections over to vile and vacuous diversions like The Sopranos and Survivor."

Paul Kramer, a third-year graphic design student, said The Sopranos is vile and unentertaining.

"It's so crass, I don't know how people watch that stuff," he said.

However, Julia Poje, a first-year computer programming student, said she likes the show.

"It has an interesting plot because of the conflict," she said.

Whether The Sopranos is liked or not, Hollywood is watching and rewarding the show.

The show is nominated for 22 Emmys this year.

Acer's comedy is unpredictable

By Tannis Wade

David Acer has been performing as a comedian for 12 years, four months, three days, two hours, seven minutes and 51 seconds. A portion of that time has been spent here at Conestoga College. Acer shared some of his crazy antics when he performed in the Sanctuary on Oct. 23 to the lunchtime crowd.

Acer best describes his style of comedy as unpredictable and spontaneous. He proved his statement many times during the 45-minute show. The sweating and red-faced comic made a few good jokes about the microphone stand as it kept causing him problems.

"Because there is so much freedom you have to be self-disciplined in your writing, promoting and working on your craft. You won't excel if you are not self-disciplined."

David Acer, Comedian

In an interview before the show Acer spoke of his career and it was obvious he is a clown at heart.

"I lead three parallel lives actually," Acer said about himself. "I am a stand-up comedian, I do close-up magic shows, and I write for television." He is nominated for two Gemini Awards for his work on the television show Popular Mechanics for Kids.

Close-up magic is all in the hands and uses skillful co-ordination. Acer prefers to perform

magic shows for small groups of four or five people rather than large audiences. "It is a very intimate form of entertainment that can really blow someone's mind if it is done in the right setting," said Acer. Playing cards, coins and other small objects are used for this form of magic.

The kooky, crazy-haired comic spent most of the show interacting with the audience, which is extremely important in order to connect with the crowd. He performed a variety of great impressions, a few lowbrow laughs and one heck of a great set.

People seated closest to the stage got the brunt of his attack. At one point an audience member ended up with a pair of briefs on his lap after Acer struggled to pull them out of the leg of his pants.

Overall Acer emits a real passion for his work. He becomes so involved with his routine it is obvious he loves every minute of it. Having no bosses and so much freedom is the best part of the job according to Acer adding one must be self-disciplined in order to succeed.

"Because there is so much freedom you have to be self-disciplined in your writing, promoting and working on your craft," he said. "You won't excel if you are not self-disciplined."

The hardest thing about being a comic who travels around a lot is maintaining and starting relationships.

"When you are on the road for six months out of the year it makes relationships that you are in difficult," he said, adding if you aren't in a relationship being on the road makes it hard to start one up.

"And remember, there is always the threat of herpes."

Fly high
Read Spoke

Entertainment

New steakhouse gets thumbs-up

By Julie Graham

Driving down Highway 8 towards Cambridge this summer, I noticed the construction of a new building right beside the Sports World complex and golf dome in Kitchener.

The more times I drove past the site the more I recognized the building. Finally, I heard the words that made my taste buds cry out in delight, "It's going to be an Outback Steakhouse."

Having eaten at a few Outback's in the States, I couldn't wait for my chance to dine there again.

I finally got my chance two weeks ago and was not disappointed.

According to our waitress, since the Outback's grand opening on Aug. 28, the restaurant has been packed full of patrons every night.

On Saturday nights the wait can be up to two hours, she said. Luckily, the Wednesday night my boyfriend and I went, the restaurant was not busy.

However we did opt to sit at a bar table (smaller table with same service) instead of waiting 10 minutes for a booth.

The Outback's main theme and

specialty is focused on Australia and its food.

Although I've never been to Australia to know if the food is the same, the atmosphere is a nice change from the often bland Caseys, Kelseys and Swiss Chalets.

Upon opening the menu, I saw the same options as other Outback's, but realized this was not going to be a cheap evening out.

The Outback's main theme and specialty is focused on Australia and its food.

Nevertheless, I was there for the Outback's famous Bloomin' Onion, a deep-fried must-have. It's a huge onion, sliced into fries and coated with a spicy batter.

I don't even like onions but will wolf down this appetizer with spicy dipping sauce and ruin my dinner without thinking twice.

At \$6.99, it's a pricey start but well worth the money.

Like being in a foreign country, the Outback's menu can be a little hard to decipher, offering up items such as the Walkabout Soup, Kookaburra Wings, Jackaroo Chops and Toowoomba Pasta.

However, each item is explained in detail and staff are a great help, offering any details on the enticing menu.

Since the Bloomin' Onion did indeed ruin my appetite for dinner, I decided to have the lighter Chook-N-Caesar Salad, a basic caesar salad with a grilled chicken breast on top for \$8.99.

Although very tasty for the first few bites, it became a little bland after a while.

My boyfriend opted for the Prime Rib at a hefty \$18.99 for an eight-ounce portion.

With the same problem as me, he commented on how good it was but soon found the flavor gone.

Our waitress's was fairly friendly and talkative but took her time when we asked for refills and the bill.

We waited 10 minutes to have



The Outback Steakhouse, located at 100 Sports World Dr., offers an excellent selection of meals in an atmosphere that is better than offered by most bar-and-grill restaurants. (Photo by Julie Graham)

her take our payment and noticed other waitresses, sitting at tables with patrons, yapping on while the people tried to eat.

Regardless of our waitress's slow service, I would recommend The Outback Steakhouse to anyone, and I have, droning on for hours about their awesome onion

dish the Bloomin' Onion.

I'm telling you - it is a must-have!

However, keep in mind the cheapest steak is \$21.99 and other main items are over \$20.

You'll need to save your money or save the visit for when someone else is paying.

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Thriller straight From Hell

By Lisa Hiller

If you want to see a scary movie, it couldn't hurt if it came straight from hell.

From Hell is a mysterious and gruesome tale about the first tabloid serial killer.

Heather Graham (Boogie Nights, Say It Isn't So) stars as Mary Kelly, one of six prostitutes being hunted down in the Whitechapel district of London in 1888.

Johnny Depp (Sleepy Hollow, Chocolat) is Frederick Abberline, a hallucinating Scotland Yard Inspector who sees visions of the murders in impoverished London. After a few of her friends are brutally murdered by a man in a black cloak hiring them in with grapes, Kelly begins to trust Abberline and help him crack the case.

One by one, the prostitutes are cut up, almost beyond recognition, and all Abberline has to go on are empty grape branches, an old surgeon, and a completely docile woman who once had a husband and child.

Hindered by a disagreeing police chief, Abberline must find the source of the murders in time to save the last prostitute, Kelly.

As usual with these types of movies, From Hell falls into predictability, but still plays out well and is twisted and mysterious enough to draw audiences.

You won't really figure out any-



thing until more than halfway through the movie.

From Hell is based on the true story of Jack the Ripper and tries to prove one of the many theories of this gruesome serial killer's purpose of killing five prostitutes in London's Whitechapel district.

If you are looking for a bloody horror film to see, this one comes close. You can't be too squeamish and you must not have a weak stomach.

Depp plays an almost identical role as Abberline as he did in his role of New York detective Icabod Crane in the 1999 fantasy Sleepy Hollow.

Graham takes a break from comedy to play Mary Kelly, a struggling but desirable London prostitute. The hero desolate beauty story works - but with twisted and unexpected surprises.

Wait to be thoroughly confused and then be sitting on the edge of your seat.

From Hell is a classic thriller in which who you trust may ultimately be the one who stabs you in the back.

X-rated hypnotist to perform at Stages

By Tannis Wade

You're getting sleepy, so sleepy you can't keep your eyes open any longer. These words are usually the last thing that one remembers before going under the hypnotist's spell. If this sort of thing appeals to you, you're in luck. Tony Lee, a professional hypnotist, is performing at Stages nightclub on Nov. 7.

Jon Oliński, Conestoga Students Inc. (CSI) president, said Lee usually performs right on campus but this year he is filming the event in hopes of starting a TV show in the new year. Since the college does not house all of the technical requirements for a good quality taping the show is being held at Stages, downtown Kitchener.

"There are not many hypnotism shows and I've heard that Lee is the best in the business. It is also something different for students to do instead of going to the bar," Oliński said.

Another interesting and unique aspect of Lee's performances is they are X-rated. The show has lots of sexual content and can get very racy. Oliński said people under hypnosis could be made to do things such as humping a chair. "It is not the kind of hypnotism you would use as therapy, it is more for fun," said Oliński.

Tickets are available for purchase in the CSI office in the Sanctuary. Advance prices are \$6 per ticket but can be purchased at the door for \$8. Oliński recommends buying tickets

in advance because the show is extremely popular. He added Lee recently performed at the University of Waterloo to a near sellout crowd.

"We were lucky that we even got a date with Lee," he said. "He is popular entertainment for a lot of colleges and universities and was almost booked solid for the entire semester."

The CSI organized the event about three months ago but was still in contract negotiation until the last week of October. Final decisions had to be made regarding event location and equipment needed to make the show a success.

Like many of the campus activities organized by the CSI, there will be bus transportation to Stages leaving from the student residence.

This makes it easier for some students to get there and arrive safely. Oliński said having the event downtown would make it more convenient for students to attend. "For some people it will be a lot easier for them to get downtown than to get to the college," he said. Grand River Transit runs buses more frequently and later to the downtown core than to the college.

Doors open at 9 p.m. and the show is scheduled to start at 10 p.m. Lee will perform for two hours. "That is a good length of show for an entertainer," Oliński said. Afterwards the venue will once again become a nightclub and guests can stay and enjoy the atmosphere. "You can make a really full night of it if you want to," said Oliński.

A real survival story

By Kathleen Deschamps

Survivor in Africa is still continuing to dominate the ratings. People may call it reality television, but it is not. The 16 people who are taking part in the adventure are never in real danger. In the year 1972, groups of people were in danger atop the Andes Mountains, and 16 managed to escape alive. The situation was not scripted, and the people were real-life heroes. The book *Alive* was written about their tribulation, and gives hope to those who feel they cannot endure life's struggles. The book has some similarities to the popular TV series *Survivor*. People were essentially dropped into the middle of nowhere and forced to survive the elements. Unlike the show though, the players were not voted off. Human lives were lost in the real life tragedy and only the strong and determined managed to escape with their lives.

On their way to play a rugby game in Chile, their chartered plane fell into the Andes Mountains, which is on the border of Argentina. Search rescues could not spot the tiny plane amongst the mountains. Forty-five people were passengers on the plane, and after the crash 37 were still alive. The groups of survivors were only left with little bits of chocolate and several bottles of wine. After the food was eaten they were forced to do the unthinkable. The survivors began to eat the dead so that they would have a chance to escape. After living for more than two months on the mountains, two of the passengers, Nando Parrado and Roberto Canessa, climbed over some of the tallest mountains in the world in hopes of reaching civilization. Finally, after 72 days on the mountain, they did and the 16 survivors left were rescued. The story seemed unbelievable, and throughout it I kept reminding myself it was real. The author of the book, Piers Paul Read does a remarkable job of describing each survivor's feelings and actions. At some points, you actually feel as if you are up there on the mountain, making life and death decisions. After reading the book, one must ask oneself, what would I do if I were in that situation? Could I survive?

The book was published in 1974, and a movie was made about the tale in 1994, which starred Ethan Hawke. But like most movies, which come from novels, lots of important details are missing.

These real life survivors had to endure so much. Each one of them lost a loved one and yet went on. They showed unity and stuck together, and never thought about giving up.

The book makes you realize that life's little problems can sometimes seem insignificant. It is a powerful story and a must read for anyone who likes the show *Survivor*, or anyone who wants to read a story of a truly incredible journey.

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Regular season boring

It's the World Series everyone eagerly awaits

By Mike Sperling

Major League Baseball has come a long way in over 100 years, especially the World Series.

It did not start out as an invented game but rather it gradually formed into what is seen today. The newly made game was not as interesting as it is now. Back then home runs were scarce because pitching was the strongpoint, not offence.

With famous pitchers like Cy Young and Walter Johnson in the early 1900s, it is no wonder home runs were rarely seen. Also, the Black Sox scandal in 1919 changed the perspective of baseball forever.

The scandal was a well-organized plan by the Chicago White Sox to throw the World Series in order to make more money from gamblers. The plan worked for the first little while but blew up in the faces of

the nine players involved as they were banned from playing professional baseball for the rest of their life.

The World Series did not evolve until 1903 where one team from the National League and one team from the newly formed American League would play each other for the championship title.

Baseball got more exciting offensively when well-known sluggers like Babe Ruth, Lou Gehrig and Joe DiMaggio stepped up to the plate.

During the two World Wars baseball swept across Canada and the U.S. as night games influenced the game more. And after the Second World War travel was made easier for the players because of jets.

Each year one aspect or another highlights baseball. Some years it is pitching, others it is hitting. In

recent years it has been hitting that has become a spectacle worth watching as heavy hitters Mark McGuire and Sammy Sosa slammed the ball over the fence.

Regular season play has usually been somewhat of a drag to watch especially since the 1994 players strike which seemed to kill the fans' support of the sport. The World Series however has proven to be the games to watch every year.

Most Canadians can remember when the Toronto Blue Jays won the World Series back-to-back. A home run to win the World Series is almost a dream come true, just ask Joe Carter.

It is the hits and the pitching that make the game intriguing. Whether a game-winning home run or a spectacular catch, both are special ingredients that make the World Series so interesting.

He's got game



Aaron Leppington, a Conestoga College student, bumps the ball after a serve during an intramural volleyball game Oct. 24. Volleyball runs every Wednesday from 6:30 to 9:30 p.m.

(Photo by Vanessa Laye)

Hockey team on losing end of stick

By Vanessa Laye

Conestoga's hockey team came up short against Cambrian College losing 6-4 in their first league game in Sudbury, Oct. 27.

Condor rookie Brent McDermid played a high calibre game said Greg Rickwood, coach of the Condors. He got four points (three goals and one assist). McDermid was a former junior B player for the Waterloo Siskins, but decided to play for Conestoga in his last year at the college level. "Getting three goals is hard to get at this level," said Rickwood, who believes the team is off to a good start to the season.

With five returning players, the team is mostly made up of rookies. "We (this year's team) have more talented players than last year, which makes us more competitive," said Rickwood. Last year Conestoga lost 11-2 and 9-1 against Cambrian. But this year's team has already shown their potential through the comparison of shots on net. Cambrian had a total of 37 shots and Conestoga was right behind them with 35.

With the competitiveness of the college hockey league, it is rare that a team would win a game by five or six goals.

"There will be close games, a toss up for the win," said Rickwood. "Usually, the least amount of penalties wins the game." The Condors lost despite

only getting four penalties compared to Cambrian's 12, but Rickwood said last year's team would accumulate approximately 15 a game.

Starting off in net was rookie Jason Lafortune, one of Conestoga's three goalies. With Sudbury being his hometown, he had an advantage of knowing the ice and some of his opponents.

The Condors were down by two goals in the first half with a score of 3-1. Cambrian put on the pressure in the second half and scored three goals, leading the game 6-2.

Lafortune took a break in the third period and Andy Hopkins went in to finish off the game.

Hopkins played a solid outing (no goals scored) in the third period, but was pulled with a minute and a half left in the game to gain the man advantage. Hopkins was the Condors starting goalie in the second half of last year's season.

The Condors didn't score in the third period but Rickwood said they definitely dominated the play.

He said the overnight trip was a positive experience. "The overnight stay and bus ride to Sudbury made the players closer as a team," he said, adding it gave them a chance to get to know one another better. "It was team unity," he said.

Conestoga's next home game is against Seneca on Nov. 15 at the recreation centre at 7:30 p.m.

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Lack of fan support ruins Expos

By Marc Hulet

Fans of the Montreal Expos may finally have seen their last Major League Baseball game in Montreal.

Rumours have been rampant for the past few years that Montreal would be losing their team due to poor attendance.

According to the Windsor Star, a "highly placed baseball executive" stated that Major League baseball would announce after the World Series that the Montreal Expos, as well as the Florida Marlins, would be dismantled before the 2002 season.

It comes as no surprise to most

baseball fans. The Expos barely drew over 600,000 fans in the entire 2001 season.

Because of poor fan support over the years the Expos have had to trade their best players once they became too expensive. Star players such as Pedro Martinez, Randy Johnson and Larry Walker all played for Montreal at one point or another but their most successful seasons have come in places such as Boston, Seattle and Colorado.

One of the worst blows to the Expos franchise came during the 2001 season when highly thought of manager Felipe Alou was fired.

Many of the great players that have jettisoned out of Montreal give credit to Alou for helping to shape

Because of poor fan support over the years the Expos have had to trade their best players once they became too expensive.

their careers.

Alou cannot be blamed for the Expos struggles. For the past five or

six years – and especially this year – he has been putting a team on the field that should be playing in the minor leagues, not at the highest level of baseball in the world.

When current owner Jeffrey Loria bought the Montreal Expos he promised to spend more money to help bring respectability back to Montreal.

He did spend a little extra money but brought in only over-priced and under-achieving players such as Hideki Irabu and Graeme Lloyd.

In one respect it's good that the Expos may be leaving. I'm tired of watching them flounder each year. As a Canadian I am appalled that we

are putting a product on the field that is so pathetic and dismal, regardless of whose fault it is.

On the other hand, I am disappointed that Canada is losing yet another professional sports team. After losing NHL franchises in Quebec and Winnipeg and an NBA franchise in Vancouver this is the last thing we, as a country, need. We are losing our identity and our individuality to the United States.

As Canadians and sports fans it is up to us to support our remaining Canadian professional sports teams and see to it that our national pride and identity aren't lost.

Off-season signings give Raptors skills to win title

Fans have chance to root for solid team

By Marc Hulet

For the first time since the Toronto Raptors inception into the NBA, fans have a chance to root for a solid, playoff-bound team.

With Vince Carter signed to a new six-year contract the Raptors can look forward to him concentrating entirely on scoring points.

Newly acquired Hakeem Olajuwon could very well have a positive affect on Carter – in both the score sheet and as a mentor.

As a future Hall of Famer, Olajuwon should bring a lot of wisdom and experience to Carter and the other Raptors – even if his 38-year-old body doesn't hold up for the entire 82-game schedule.



The Raptors shelled out big dollars to retain these guys.

Antonio Davis – with one foot in Orlando when last season ended – was convinced to stay in Toronto by the large paycheck offered. And it didn't hurt that Orlando lacked the funds to meet his demands.

Either way, Davis brings experience and skill to the forward position for the Raptors.

Alvin Williams had a solid playoff last season and he was rewarded with a long-term deal in the off-season.

He is a solid guard who averaged 9.8 points and 5.0 assists a game during last year's regular season.

Jerome Williams also signed a hefty long-term contract in the off-season.

He will work mostly off the bench spelling Alvin Williams unless injuries pop up.

He also brings a lot of enthusiasm to the court day in and day out.

Rookie guard Carlos Arroyo

opened a lot of eyes in training camp and has secured a spot on the team, albeit on the bench.

His youthful enthusiasm should rub off on some of his older teammates and create a perfect counterbalance with Olajuwon's veteran leadership.

Behind the bench the Raptors have one of the greatest basketball coaches of all time in Lenny Wilkens.

Behind the bench the Raptors have one of the greatest basketball coaches of all time in Lenny Wilkens.

He brings 28 years of coaching experience and more than 1,200 wins to every Raptors game.

For the first time in Toronto Wilkens has a team with the skills needed to translate his knowledge and experience into winning ball games.

It won't be easy for the Raptors this season. They will need to stay at the top of their game and they will need to stay healthy.

If all goes well for Toronto they should be poised for a strong run at the championship title.

MJ and Vince are two different players

By Mike Sperling

So who is the better NBA player — Michael Jordan or Vince Carter?

It is a question being debated but cannot be answered.

Carter has been building up his name even before he entered the NBA. In the past few years he has been called the next Jordan. Sure Carter performs well on the court, making baskets left and right, but does it make him equal or better than Jordan?

Jordan and Carter went face-to-face for the first time during a preseason game Oct. 25 at the Air Canada Centre.

A mature Carter downplayed the entire event. Instead of boastfully playing up the game he played it as just another game. He had one intention, just like any other game, and that was to win.

Carter outshot Jordan by nine points, which in reality means nothing. It doesn't matter if he scored more points than Jordan because it was only a preseason game.

Carter is being praised as the next Michael Jordan but both players are resenting that statement. They do not think Carter is going to shine in the NBA the same way Jordan but rather in a different way, Carter's way — whatever way that may be.

Jordan managed to put on an entertaining show for the fans in nearly every single game. So has Carter but he has not been around as long as Jordan.

This year's NBA season could be one of the best ever. With the return of Jordan from retirement and Carter's ability to play better with each game, who knows what the season will bring or where it will lead.

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WOOLEY by Marc Hulet



Networking important for student leaders

By Jody Andruszkiewicz

Contrary to popular belief, going to a conference isn't all fun and games.

On Oct. 25-28, the second Canadian Academic Roundtable (CART) conference was held in Halifax.

Representing student unions from across Canada, delegates descended upon one of the most beautiful cities in Canada to learn, discuss and debate academic issues in post-secondary education.

Topics ranged from classroom evaluations and online learning to working with administration.

On occasion discussions got heated, but at any conference like this the best interests of post-secondary students are in the heart of every delegate.

Conference fees are paid for through student fees so student leaders must be judicious in how they spend their conference budgets.

In some instances, student leaders from large institutions with million-dollar budgets can afford to go to many conferences. However this is the exception, not the norm.

Many student leaders who go to conferences go to find answers to the questions they cannot answer on their own.

Sessions ran from 9:30 a.m. to 4:30 p.m., after which some down time was needed. It was stressful hearing about horror stories at other schools or yelling and screaming at

each other for hours on end.

One would assume that during leisure time "shop talk" would be discouraged. Surprisingly, it's during this down time a great deal of work gets done. Delegates sit down over a dinner or a beverage and discuss the events of the day in a private and quiet setting. Ideas that might not have come out during sessions surface because delegates have time to think about what they've heard through the day.

It's usually over a cold beer that lasting friendships are forged, though some might disagree with student leaders "partying" while students are paying for them to work.

However, student leaders cannot discuss academic policies for 12

hours a day. Student leaders are first and foremost students. They still like to do normal student activities. If that means seeing the city during down time or going out to a bar to have a casual beverage, student leaders agree that if sessions are not missed it is acceptable to enjoy some private time.

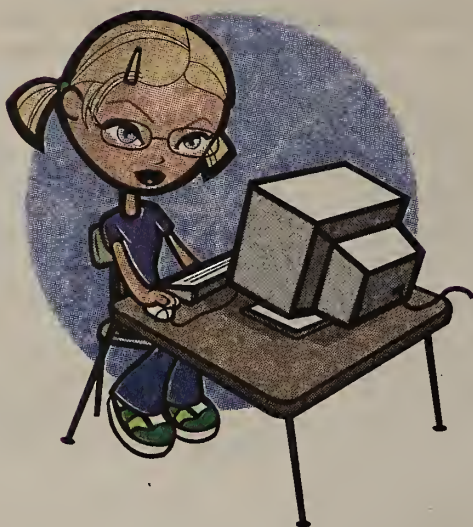
But delegates don't come home empty-handed. Student leaders write reports about what they learned during their time at the conference. Sessions are expected to be talked about so anyone who is interested in the activities of a student leader at a conference can become informed. Additionally, and perhaps the largest benefit to a conference is the knowledge and the networking that has been done.

While some student unions believe they have all the solutions to every problem, in many cases that is simply not the case. Everyone learns from everyone. The knowledge brought back from a conference on how to succeed as a student leader and how to improve conditions for students on campus is worth the conference fee. Making contacts is also important.

Conferences are often considered perks. To a degree that is true. But with that perk comes a high expectation — learn as much as you can to help your students or there will be hell to pay.

Those students who go to conferences go knowing they have a mission to accomplish. They return armed with the knowledge to help their students.

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Boarding a plane wasn't so bad

By Jody Andruszkiewicz

John Denver said it best.

"All my bags are packed, I'm ready to go. I'm standing here outside your door. I hate to wake you up to say goodbye."

On Oct. 25 I boarded a plane to Halifax for a national conference on academics. I have to say it was a rather intimidating task too.

Based on the events of Sept. 11, I admit that I was really hesitant about getting on a plane again.

I flew to Calgary in June. I had no problems getting on that plane. Security at Pearson wasn't particularly fantastic. When I flew out of Calgary, it was a pretty laid back process of getting onto my plane to come home.

On Oct. 25, things were rather different, yet disturbingly similar. I'd heard horror stories about people flying in the post-Sept. 11 era. An associate of mine was searched six times on a flight from Dublin to Toronto.

I was told that airport officials were asking people on domestic flights to arrive three hours before their scheduled departure time due to extra security procedures.

When I got to the ticket desk, they asked me the same questions about packing they always ask. Here I was, expecting my Joe Boxers to be exposed to the world, and the only thing they did differently at the desk was ask for photo identification.

Security gets different at the metal detector. Once again, photo identification was asked for. My carry-on luggage was scanned. My camera, which is considered an electronic device and which should have been scanned, wasn't.

When I boarded the plane, they checked my photo identification at the desk and then once more before I got to my seat.

I figured the identification checking was over when I landed in Halifax. Man was I wrong. Getting off the plane, I had my identification checked again. You'd think they knew who I was by this time.

Fast forward to my Oct. 28 departure day. I was expecting Pearson all over again. In the realm of airplane prognostication I wouldn't make a lot of money.

The scene at the desk was the same as Pearson. And once again my photo identification was checked. At this point I was thinking, man, everyone is going to know who I am by the time I leave.

I arrived at security and lo and behold my photo identification was checked. I was beginning to sense a trend. But wait, my prognostication skills once again let me down. I went through the metal detector and no identification check. I was going to get to the plane hassle free. Not likely. This time airport security checked my camera. When it was time to board the plane, no photo identification was asked for. Leaving the plane, same thing.

With all the security differences going on, I don't know what to expect the next time I fly. But hey, who knows, maybe they figured out who I am and were being nice to me.